

**August 2020  
Edition**

**Revving Your Mind  
Not just Your Engine**



**Du Fresne's  
AUTO  
REPAIR**

**NEWS  
flash!**

***Inside This Edition:***

Great Benefits

Wow...What A Testimony

Belting It Out

The Stumpers

Savings Hub

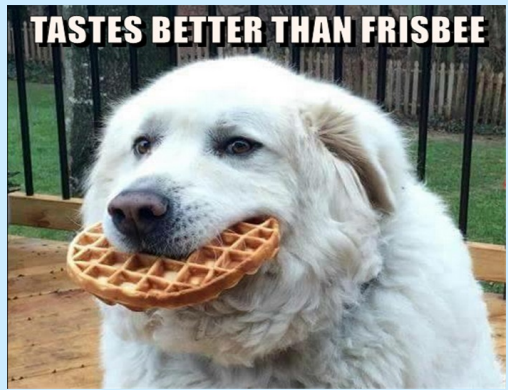
Green Eggs & Ham 'Wiches

Mystery Solved

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

***Laugh Out Loud***

**TASTES BETTER THAN FRISBEE**



**Got  
Questions?**

**Contact us**



***Holiday Insights***

Admit Your Happy Month  
Family Fun Month  
Dog Days of Summer  
National Catfish Month  
Aug 1: Campfire Day  
Aug 2: Nat'l Ice Cream Sandwich Day  
Aug 3: Nat'l Watermelon Day  
Aug 4: U.S. Coast Guard Day  
Aug 5: Work Like A Dog Day  
Aug 5: Nat'l Oyster Day  
Aug 6: Wiggle Your Toes Day  
Aug 8: Nat'l Clown Day  
Aug 9: Book Lover's Day  
Aug 10: Lazy Day  
Aug 11: Son and Daughter Day  
Aug 13: Left Handers Day  
Aug 14: Nat'l Creamsicle Day  
Aug 15: Relaxation Day  
Aug 17: National Thrift Shop Day  
Aug 19: Aviation Day  
Aug 21: Senior Citizen's Day  
Aug 22: Be An Angel Day  
Aug 26: Nat'l Dog Day  
Aug 31: National Eat Outside Day

**Hours**

**Monday - Friday  
6AM - 5PM**

***Hurry...  
Savings Inside!***

**(503) 646-2940 ■ DuFresnesAutoRepair.com**

## Great Benefits

Science tells us that happiness is a chemical reaction in the brain. It is caused by endorphins and dopamine filling the pleasure centers of the brain, which brings joy. Underlying the chemistry of happiness, there may be a set of genes that exist to prompt the happiness response. The pleasure of eating, the satisfaction of love, the comfort of teamwork, and the joy of raising children: the things that make us feel good generally are the things that will help the species survive. Happiness, then, is one of our tools for survival.



There are untold benefits to being a happy person. If you are happy, your immune system is stronger, you have fewer medical problems and you live longer. Best of all, you find pleasure and meaning in this world. Your life is full of activities that are significant and enjoyable. It's our heart-felt wish that you have a very happy day filled with much laughter.

***"Every day may not be good... but  
there's something good in every day."  
~ Alice Morse Earle***

## WOW...What A Testimony!

**Rich Krueger:** "What a great place to take your car/truck for maintenance. Friendly, professional, affordable and all wrapped around incredible customer service. It's how I remember auto mechanics from when I first started driving (it's been many years)...and yet, they still exist in present day. Thank you to everyone working there for taking care of the truck that is my workhorse and number one tool."

**Ron Hall:** "Du Fresne's is the best! Helpful, fair, fast, quality service. They have great hours

with a lot of drop off availability. They always call before they make any decisions on their own, and walk you through all of your options. They're quick to offer a loaner car if you need it. I can't say enough good things about Du Fresne's!"

**John & Terry Cooper:** "Thank you for your efficient and reliable work on our car! We appreciate what you are doing to keep everyone safe when a car needs maintenance during this time."

**Joleen & Evan Stovold:** "Yet again I am satisfied with the

service and care from Du Fresne's. They always explain the costs upfront and give a detailed report of their findings. The loaner car was much appreciated! Thank you!"

**Jason Belders:** "They have taken care of all of our vehicles. We trust them to be thorough with their work and they have always stood by it. Even if there is still issues they say bring it back and they take care of anything!! I recommend them to everyone. Respect and integrity go far with us."

## ***Belting It Out***

All cars have an accessory belt that drives features such as the alternator and air-conditioning compressor, and perhaps the water and power steering pumps. This belt is usually mounted externally so you can see it on the front end of the engine (the engine is mounted transversely on most front-wheel-drive cars), and it usually is a serpentine belt that slithers around various pulleys. It needs to be replaced when it shows wear, such as cracks, fraying or stretching.

Some car engines also have a timing belt that is hidden from view but connects the crankshaft on the bottom of the engine to the cylinder head on the top; it controls when valves open and close. Many engines have a timing chain instead of a belt.

If either belt breaks, a car is going to soon come to a halt. Once a timing belt breaks, the engine shuts off and you won't be able to restart it. With many cars, you might be able to restart the engine after a serpentine belt breaks, but you won't get far if it drives the alternator. Without the alternator, you'll be relying on electrical power from the battery, and once that's gone, you'll really be out of luck.

Though serpentine belts can last more than 100,000 miles, they should be inspected by a mechanic periodically. You may hear warning signals that a serpentine belt is on its last legs, such as squealing noises when you start the engine or accelerate, or rattling noises from a pulley or tensioner.

Replacing a timing belt is a more involved and costly procedure. Even worse, on some engines, if the timing belt breaks, the pistons may continue to move up and down, and in the process the piston can hit and bend valves that have lost their timing mechanism. That can add up to big bucks.

That makes timing belt replacement more critical, but because it isn't visible, you can't easily check it. That involves removing the accessory drive belts, the engine cover and other hardware just to get a look at it, and no repair shop is going to do this for nothing (they also have to reassemble everything). That is why you should pay close attention to the manufacturer's recommended timing belt replacement schedule.

With some engines, the timing belt also drives the water pump, so repair shops may recommend that the water pump be replaced at the same time as the belt. That makes sense because if the water pump breaks a few months after the timing belt is replaced, a mechanic is going to have to go back in there, disassemble everything, replace the coolant and charge you at least a few more hours of labor — again.

In both cases, these serpentine and timing belts can and do fail prematurely. The key is to not wait too long to replace either belt because you could wind up stranded and at least be inconvenienced, if not forced, to shell out more money.

*Courtesy of cars.com*

## 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, 2020**

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.

*Each month we'll  
bring you a  
puzzle stumper.*

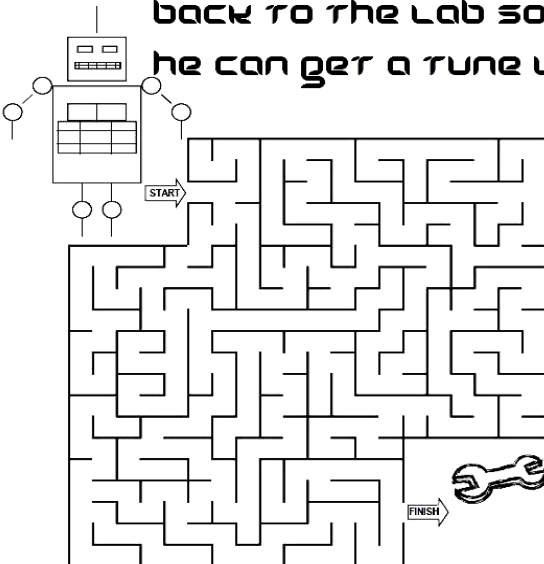
*Email us your answer  
and you'll be entered  
to win our  
Monthly Drawing!*

**LAST MONTH'S  
WINNER IS  
Winner's Name  
Won A  
"???? Prize"**

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

*Hint...Sudoku answers included within this edition.*

**HELP THE ROBOT GET  
BACK TO THE LAB SO  
HE CAN GET A TUNE UP!**



### **MAZE:**

You must find your way out in one line. Now...No cheating or erasing. :)

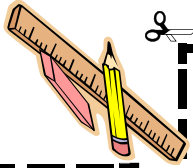


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Let us Help You Keep Your Vehicle Running Smoothly  
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\$20.00!**



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\$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: 08/31/2020

### **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: 08/31/2020

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**Expires Aug 31st**



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**Can not be combined**  
**with any other offer**



**Expires:**  
**August 31**







# \$25.00 Battery Rebate

## July & August, 2020



### Legendary Heroes



**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





## ***Green Eggs & Ham ‘Wiches***

Mmmmm, mornings haven’t tasted so good. Prep the egg salad the night before and throw together this gourmet grab-and-go croissant ‘wiches in the morning. You’ll be off to the races, lickety-split.

### **Ingredients**

6 large hard-cooked eggs  
1/4 c. refrigerated pesto  
3 tbsp. light mayonnaise  
black pepper  
4 croissants  
8 thin slices ham  
1 c. arugula



Serves 4

### **Directions**

- Peel and chop hard-cooked eggs. In medium bowl, gently combine eggs, refrigerated pesto, light mayonnaise and pepper to taste.
- Split and toast croissants. Divide slices ham, egg salad, and arugula among croissants. Serve immediately or wrap tightly in waxed paper and refrigerate up to 4 hours.

Peeling Tip: Place eggs back in the saucepan with a couple of inches of water, close lid tightly and shake vigorously to loosen shells.

**Thank you for  
trusting us and  
helping us grow.**

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**Referral Customers  
of the Month**

**Patrick Savage  
Sierra Sparling  
Victoria Rivera**

**Thank you for  
brightening our day  
and being an  
awesome customer.**

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**Customer  
of the Month**

**Ray Castro**

Mystery Solved

Scientists have answered a burning question central to the charm of sunflowers: Why do young flowers move their blooms to always face the sun over the course of a day? And then: Once sunflowers reach maturity, why do they stop tracking the sun and only face east?

In a newly-published article in Science, the researchers say the young plant's sun-tracking (also called heliotropism) can be explained by circadian rhythms – the behavioral changes tied to an internal clock that humans also have, which follow a roughly 24 hour cycle. A young flower faces east at dawn and greets the sun, then slowly turns west as the sun moves across the sky. During the night, it slowly turns back east to begin the cycle again.

"It's the first example of a plant's clock modulating growth in a natural environment, and having real repercussions on the plant," UC Davis professor and study co-author Stacey Harmer says in a press release from the university.

The researchers tied plants up so they couldn't move or turned them away from the sun – and they found those flowers eventually had "decreased biomass and less leave area" than flowers that could move with the sun.

A young sunflower plant not only tracks the sun during the day but also reorients at night in anticipation of dawn. Mature sunflowers respond differently to the sun. According to the press release, "as overall growth slows down, the circadian clock ensures that the plant reacts more strongly to light early in the morning than in the afternoon or evening, so it gradually stops moving westward during the day."

Who knew flowers could be so intuitive and smart?



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

# secrets From Nancy & Tee's Kitchen



Let us know if you  
liked this on  
Facebook.

## Pico de Gallo

### Ingredients

3 or 4 Tomatoes on the vine  
1/4 large white onion  
1/4 Cup chopped cilantro leaves  
1/2 jalapeno, seeds removed, and  
finely chopped.  
1/4 tsp fine sea salt  
Juice of 1 lime (about 2Tbsp)



Coarsely chop tomatoes and onion. Place both in a medium bowl. Add cilantro, jalapeno, salt and lime juice; toss to combine.

Serve with tortilla chips or as a topping for tacos, burritos or other salsa-worthy dishes.

Makes 4 appetizer servings or toppings for tacos or burritos, etc.



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