

October 2025

Edition



Big News

October Observances

Breast Cancer Awareness Month

Adopt a Shelter Dog Month

Oct 4th: World Smile Day

Oct 7th: Kids Music Day

Oct 8th: I Love Yarn Day

Oct 12th: Farmers Day

Oct 13th: Columbus Day

Oct 19th: New Friend Day

Oct 27th: Nat'l Black Cat Day

Oct 29th: Frankenstein Day

Oct 31st: Halloween

Breast Cancer
Awareness Month

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Breast Cancer Awareness Month officially began in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries, now AstraZeneca. It started as a week-long event to encourage women to get regular mammograms and has since expanded to encompass broader awareness of breast cancer, including treatment, research, and funding.



Breast Cancer
awareness month

Thank You For The Kind Words

Josh Gates 07/01/2025

DuFresne's is hands-down the best auto service in Portland—no contest! From oil changes to brakes to engine repairs, I've relied on their expertise for years, and they've never let me down. Nancy, Preston, Marco, and the whole crew treat you like family and go above and beyond to make sure both you and your car are in great hands. If you want honest, skilled, and genuinely caring people working on your vehicle, this is the place to go!

Greg Dourian 07/27/2025

For years now I have trusted the professionals at DuFresne's to care for my automobile repair and maintenance needs. I recently purchased an older Cadillac STS with the "check engine" light in the on position. The code said it was a Mass Airflow Sensor, however GM no longer makes the part, and the aftermarket replacement part proved inferior. Determined to fix my car, Preston contacted GM and did a dealer search to find the correct factory replacement part- and did.

The car is now operating as it should, and I could not be happier. I truly appreciate this shop and all they do to do the job correctly, fairly, and with integrity. They are the epitome of what a class act genuinely is

K C 08/08/2025

I am new to the area/state and was recommended DuFresne's by my coworker. She told me her dad really enjoyed this place and they had great prices. After my first visit for an oil change, I completely agree! As I entered the waiting area I was greeted with a smell of fresh coffee, along with being offered an actual coffee. Once the technician went over my car, he let me know everything was good and what I should keep an eye on. He didn't pressure me into getting the changes immediately or make it seem urgent. He gave me a clear assessment. I had an 8am appointment and was out by 8:45am. I paid \$50 less than what I used to pay for a high mileage oil change. The best part is, the technician even vacuums your car. I'll definitely be a regular!



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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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.
- Helping ensure adequate airflow for defrosting and defogging — because poor visibility through your car windows can create serious driving issues.

If you've never changed the cabin air filter in your vehicle, you may notice one or more of these symptoms.

Cabin Air Filter The Air You Breath

\$5.00 Off Each
Expires Oct 31th, 2025

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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.

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



The Pink Ribbon Story

A pink ribbon symbolizes breast cancer awareness. The merging of ribbon and symbolism in the United States came about in two huge leaps. The first occurred in 1979 when a wife of a hostage who had been taken in Iran was inspired to tie yellow ribbons around the trees in her front yard, signaling her desire to see her husband come home again. Step two occurred 11 years later, when AIDS activists looked at the yellow ribbons that had been resurrected for soldiers fighting the Gulf War and turned the ribbon bright red, looped it, spruced it up and sent it onto the national stage during the Tony awards to represent those affected by AIDS.

The stage was set for the evolution of the breast cancer awareness ribbon. Susan G. Komen for the Cure® has used the color pink since its inception in 1982. The first Komen Race for the Cure® logo design was an abstract female runner outlined with a pink ribbon and was used during the mid 1980s through early 1990s.

In 1990, the first breast cancer survivor program was launched at the Komen National Race for the Cure® in Washington, D.C. The survivors wore buttons that were printed in black and white. Later that year, the survivor program developed, and pink was used as the designated color for Komen to promote awareness and its programs. Pink visors were launched for survivor recognition.

In 1991, pink ribbons were distributed to all breast cancer survivors and participants of the Komen New York City Race for the Cure®. Then in 1992, Alexandra Penney, editor-in-chief of Self magazine, wanted to put the magazine's second annual Breast Cancer Awareness Month issue over the top. She did this by creating a ribbon and enlisting the cosmetics giants to distribute them in New York City stores. And thus, the birth of the pink ribbon!

In 2007, twenty-five years after its inception, the Susan G. Komen Breast Cancer Foundation changed its name to Susan G. Komen for the Cure. The name change was accompanied by a new brand image. The new logo included a pink "running ribbon" designed specifically for Komen for the Cure. This ribbon signifies the promise Komen Founder Nancy G. Brinker made to her dying sister, Susan G. Komen, to do what she could to end breast cancer.

Today, any generic pink ribbon can be used to represent breast cancer awareness while the Komen "running ribbon" is reserved solely for use by Susan G. Komen for the Cure®.



Coupons

Are your headlight lenses foggy?

Improve your Winter Driving!



BEFORE

~~\$149.99~~



AFTER

\$129.99

Expires Oct 31st



Don't Take Chances W/Brake Fluid

Topping Off Brake Fluid Can Be Hiding A



DANGEROUS Brake Problem



Brake Inspection With
A Brake Fluid Flush

\$20.00 OFF

Brake Fluid Flush
Expires Oct 31st



Secrets From Nancy & Tee's Kitchen



Apple Walnut Spinach Salad

Salad Ingredients

6 Cups Spinach
1 Apple Gala-Thinly Sliced
1 Small Shallot-Thinly Sliced
1/2 Cup Kalamata Olives
1/3 Cup Gorgonzola Cheese
1/3 Cup Dried Cranberries
1/2 Cup Candied Walnuts

Dressing

1/2 Cup Olive Oil
1 Cup Balsamic Vingar
3 Tbls Stone Ground Mustard
1 Tsp Salt
1 Tsp Garlc Powder
1/2 Tsp Black Pepper



Prepare the salad: Place the spinach, and all other ingredients besides dressing on a plater. Set aside. Prepare dressing. Add all dressing ingredients together and mix together (you can blend in blender if you want) You can store unused dressing in fridge up to 2 weeks in airtight container. Drizzle the dressing over salad just before serving. (about 1/2-3/4 Cup) and toss.

"Napa Valley Naturals Grand Reserve Balsamic Vinegar -25 Star (Buy on Amazon-do not buy 5 star, make sure 25 star. If you use this Balsamic you don't need to use any sweetener."





25% Off Any Service For Active Or Retired Military Thru October 31th-2025

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.

Please E-mail me at TeesWorld23@gmail.com and we will put them in our next newsletter.

**Up To \$50.00
Savings**

**Good Thru
October 31th**

**Must Show
Military I D**



Support Our Troops

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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.

Women at higher risk for breast cancer may need to start mammograms at an earlier age or get them more frequently.

**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. ...
- YWCA. ...
- Planned Parenthood health centers. ...
- United Breast Cancer Foundation.

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West Coast Giant Pumpkin Regatta

Back in 2004, the Pacific Giant Vegetable Growers—a very real association of gardeners who raise behemoth gourds, tomatoes, watermelons, and more—plopped a few giant pumpkins in a man-made lake in Tualatin, hollowed them out, and paddled them across the shallow pool. Twenty years later, the West Coast Giant Pumpkin Regatta is by far the southwestern suburb’s biggest annual event, drawing as many as 25,000 attendees (nearly the population of Tualatin itself) for its five rounds of races. While it’s too late this year to grow a pumpkin yourself, if you want to get in on the action next year, we rustled up tips from a reigning regatta champ.

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



**Thank you for trusting us with
your friends & family!**

**Customer
of the Month**

**Andrew Martinez, Gabe Cottet,
John Kelley, Julia Thunker,
Micheal Stando**

Steven Bell

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

★★★★★★★★
Exceptional Customer of the month.

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Big News
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Breast Cancer **Awareness Month**



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