

**Revvng Your Mind
Not just Your Engine**

**February 2021
Edition**



**Du Fresne's
AUTO
REPAIR**

**NEWS
flash!**

Inside This Edition:

Starry Nights

Wow...What A Testimony

Sweet Ways

The Stumpers

Savings Hub

Love Toast

Cultivate

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

Laugh Out Loud



*Hurry...
Savings Inside!*

Holiday Insights

Heart Month

Black History Month

Feb 1: National Freedom Day

Feb 2: Ground Hog Day

Feb 4: Stuffed Mushroom Day

Feb 5: Bubble Gum Day

Feb 7: Send a Card to Friend Day

Feb 8: Clean out Your Computer
Day

Feb 9: National Pizza Day

Feb 11: National Inventors Day

Feb 12: Abraham Lincoln's Birthday

Feb 14: Valentine's Day

Feb 15: President's Day

Feb 16: Mardi Gras / Fat Tuesday

Feb 17: Random Acts of Kindness
Day

Feb 18: National Battery Day

Feb 22: George Washington's
Birthday

Feb 26: National Pistachio Day -
It's a Nutty Day

Feb 28: National Chili Day



**Got
Questions?**

Contact us



Hours

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

(503) 646-2940 ■ DuFresnesAutoRepair.com

Starry Nights

Stars are giant, luminous spheres of plasma. There are billions of them — including our own sun — in the Milky Way Galaxy. And there are billions of galaxies in the universe. So far, we have learned that hundreds also have planets orbiting them.

Since the dawn of recorded civilization, stars played a key role in religion and proved vital to navigation. Astronomy, the study of the heavens, may be the most ancient of the sciences. The invention of the telescope and the discovery of the laws of motion and gravity in the 17th century prompted the realization that stars were just like the sun, all obeying the same laws of physics. In the 19th century, photography and spectroscopy — the study of the wavelengths of light that objects emit — made it possible to investigate the compositions and motions of stars from afar, leading to the development of astrophysics.

In 1937, the first radio telescope was built, enabling astronomers to detect otherwise invisible radiation from stars. The first gamma-ray telescope launched in 1961, pioneering the study of star explosions (supernovae). Also in the 1960s, astronomers commenced infrared observations using balloon-borne telescopes, gathering information about stars and other objects based on their heat emissions; the first infrared telescope (the Infrared Astronomical Satellite) launched in 1983.

The structure of a star can often be thought of as a series of thin nested shells, somewhat like an onion. So the next time you look up into the sky, think about the vastness of the universe and how the centuries past have opened the window of seeing beyond what the natural eye can see.



**You don't need someone
to complete you. You
only need someone to
accept you completely.
~ Inspiration Boost**

WOW...What A Testimony!

Susan Taylor: "I was pleased to find DuFresne's Auto Repair close to my neighborhood. I have an old but dear Mercedes ML320 and will use their services to keep the car alive and well! My servicing was done quickly and I appreciated the free loaner car. This will become my new go-to service center. I highly recommend this shop."

Patricia & Lawrence St Amand: "Great service! Great, honest place for all your maintenance needs! We wouldn't go anywhere else." □ Joleen & Evan Stovold: "I just love driving away from this team, confident that yet again they have got my car in tip top shape! I love too that they give back to the

community with their food and coat drives. Thank you all!"

Barbie Moreland: "This is my second experience with DuFresne's and I have nothing but amazing things to say. Most recently, I had a door handle break on my Nissan Rogue and I stopped by unannounced to see if they could take a quick look. A wonderful employee came right out, took some notes and I received an estimate within 2 hours. When I took the vehicle in to be serviced, I received the utmost in excellent service with outstanding courtesy and friendliness shown by all I encountered. Thank you DuFresne's for FINAL-LY giving me a mechanic I can trust."

Peter Meeh: "We are so glad that Du Fresne's Auto Shop is located in our neighborhood! The staff is very friendly here and provided us with great service (just recently), in connection with our 2003, Ford F-150, and 2009, Kia Borrego. Both of our cars need tender loving care, due to the high miles, etc. We will be back here for sure! Most of all... we value their honesty and prompt service...which is hard to find anywhere these days! You also get an up-front estimate for repair cost involved and they are not trying to sell you a service you don't actually need. We have no problem recommending Du Fresne's to our neighbors and friends!!!"

Sweet Ways to Show Your Car Some Love

As you prep for the big Heart Day, why not consider sharing the love with your trusty vehicle? It works hard for you daily and rarely complains, even after you slam the brakes, blare the horn, and pound the steering wheel. Plus, it puts up with your singing — reason alone to shower it with affection.

If you're looking for some fantastic ways to return the favor, try this list of 7 sweet things you can do for your car this Valentine's Day.

1. Make Your Car Sparkle and Shine

Scrub-a-dub-dub, nothing shows your love more than a caressing cleaning for your car. Give your ride a professional detailing, and don't skimp on the extras — pamper your ride with a rim scrubbing and a thorough vacuuming of the trunk! If you can't drop the dollars for a full detail, try grabbing a sponge and cleaning your car yourself. After all... who likes being dirty?

2. Wheel in the Love with a Brand New Set of Kicks

When was the last time you bought your beloved some new shoes? Your adoring automobile deserves to roll in comfort... and style. A good set of tires will make your car happy *and* improve its overall performance! If your tires are in good shape and you just so happen to have a few thousand in spare cash laying around, why not treat your transportation to some shiny new rims? You could even get the crazy ones that spin (if that's your thing).

3. Be Comforting, Taking Care of Your Car's Interior

Give your car's interior an overhaul this Valentine's Day with some cozy new covers. Whether you choose to protect your seats or wrap your steering wheel up in style, this simple change can make your car feel special, and save your hands and behind from getting scalded in the summer months!

4. Take Your Love All the Way to the Mats

Another similarly easy way to upgrade your interior is to swap out those dingy old floor mats for some spanking new ones. You'll love having a new place to put your feet, and your car will feel like it's getting a generous makeover.

5. Make Music Together by Upgrading Your Sound System

If you really want to lay it on thick, try upgrading your car's sound system. By adding a satellite radio receiver, you can serenade your trusty steed all year long, and thoroughly entertain your fellow drivers.

6. Clear the Air with Air Fresheners and Clean Filters

So maybe new tires and a satellite radio are out of your price range this V-Day. Clean the air filters on your vehicle to keep you loving your time together. Step up the sensory experience inside your ride by adding an air freshener. Choose your most adored aroma, or get into the holiday spirit with a cupcake scent, and you'll be breathing more deeply every time you drive.


7. Lighten your touch, Slow Down on the Road

Sometimes all your loved one needs is a hug. If you can't wrap your arms around your auto, try the next best thing — lose the lead foot. Go easy on the brakes, lighten your foot on the gas pedal, and maybe add a few more safe driving tactics to your everyday driving style. Your car will love you for it!



Courtesy of idrivesafely.com

Of Course, Your Love Can Keep You Warm, But Wouldn't It Be Great To Have Heat In Your Car Too???

The  Issue Isn't Just About You and Your Sweetie ... It's because WE LOVE YOU!

Here are 2 great specials that get even greater when you combine them...

MY HEAT'S JUST NOT WARM ENOUGH SPECIAL

Includes:

- ♥ Check Radiator
- ♥ Flush w/ New Coolant
- ♥ Check Thermostat
- ♥ Check All Heater & Coolant Hoses
- ♥ Pressure Check Heating System
- ♥ Check Fan Clutch
- ♥ Clean Radiator Fins

**A \$175.98 Value for
most vehicles
NOW \$99.99!**

FEBRUARY DELUXE LUBE, OIL & FILTER

Includes:

- ♥ 5 quarts of 5W30 Valvoline Conventional Oil
- ♥ 70 point Courtesy Check
- ♥ Chassis Lube
- ♥ FREE Tire Rotation
- ♥ FREE Brake Inspection

**NOW ONLY
\$49.95 Conventional
\$99.99 Synthetic**

OR COMBINE THEM
CONVENTIONAL FOR ONLY \$129.99!!!
SYNTHETIC FOR ONLY \$169.99!!!

Call now to make your appointment to get your combined specials! These specials will expire on February 28th!!



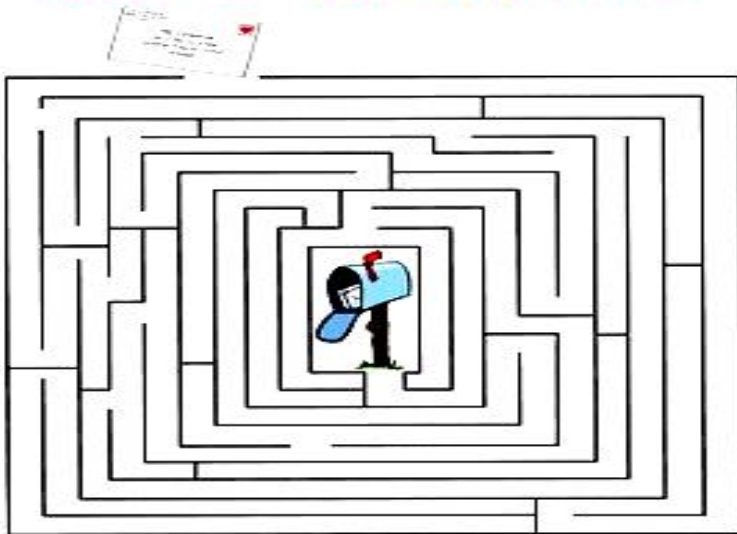
The Stumpers

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.

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

Hint...Sudoku answers included within this edition.

Deliver the Valentine



MAZE:

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

We Referrals!

OK, I don't want this to go to your head or anything, but the fact is We Love You! And only people like you! Yep, you're special and we want more clients just like you!

Want to help us by helping someone else?

Who do you know who would benefit from our honest and reliable service?

**Give this flyer to a neighbor, friend,
co-worker or family member!**

If they use it:

- ♥ **THEY GET** – a great deal from a mechanic you **ALREADY** know will treat them well
- ♥ **YOU GET 2 MOVIE TICKETS** for the referral

Make as many copies as you like!

**Bring this flyer in for 50% OFF
your first oil change plus 10%
OFF any additional services**

Referred by: _____

Good for first time customers only
Expires February 28, 2021



\$52.00 OFF

\$52.00 OFF ANY REPAIR OVER \$500.00

Join in with our year long celebrations of
52 years serving our community.

Expires 02/28/2021

Coupon must be present - Cannot be
combined with another offer.



**Check Out
These
Incredible Deals!**

**\$20.00
OFF
Any**



**30,60,90,120
Factory
Service**

Expires 2/28/21

Must Present Coupon
Cannot Be Combined with another Offer

Thank You Napa



Thank you Andrew and
Frankie at Beaverton Auto
Parts for all the help with
our Free Brake Month. We
could never collect all the
Donations for the
Oregon Food Bank with
out your help!





When you buy a set of 4 tires from DuFresne's Auto Service you receive FREE Tire Rotations and FREE Flat Repair for the life of the tires.

WOW—Over 100 Customers brought a Grocery Bag of Food or more. Can't wait till we find out how many tons of food we collected this year. Pictures to come in next newsletter.



Watch your mail boxes for this years rebates.



Once again Marie brought us our favorite Pizza from Flying Pie over the holidays. She is such a sweet heart.



Love Toast

Channel your inner child with this favorite egg dish. Then add a sprinkle of sophistication like chopped capers with a combo of your favorite herbs.



Ingredients

| | |
|------------------------------|--|
| 4 tsp. mayonnaise | Salt |
| 2 slice white sandwich bread | Pepper |
| 1 tbsp. butter | Finely chopped capers, if desired |
| 2 large eggs | Finely chopped fresh herbs, if desired |

Directions

1. Spread mayonnaise on both sides of 2 slices white sandwich bread. With medium heart-shaped cookie cutter, cut centers from bread.
2. In 12-inch nonstick skillet, melt butter on medium. Add bread (and centers) to skillet. Cook 5 minutes or until golden brown.
3. Turn bread over. To each heart-shaped hole, add 1 large egg; sprinkle eggs with pinch of salt and pepper. Reduce heat to medium-low. Cook 5 to 7 minutes, or until whites are set. Sprinkle with finely chopped capers and herbs (such as parsley, chives or basil) if desired.

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

**Referral
Customer
of the Month**
Earnest Clark
Emily Pueblo

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

**Customer
of the Month**
Peter Meeh

Cultivate Awe, Gratitude and Altruism

Of course, awe all by itself won't give you a purpose in life. It's not enough to just feel like you're a small part of something big; you also need to feel driven to make a positive impact on the world. That's where gratitude and generosity come into play.

"It may seem counterintuitive to foster purpose by cultivating a grateful mindset, but it works," writes psychologist Kendall Bronk, a leading expert on purpose. As research by William Damon, Robert Emmons, and others has found, children and adults who are able to count their blessings are much more likely to try to "contribute to the world beyond themselves." This is probably because, if we can see how others make our world a better place, we'll be more motivated to give something back.

Here we arrive at altruism. There's little question, at this point, that helping others is associated with a meaningful, purposeful life. In one study, for example, Daryl Van Tongeren and colleagues found that people who engage in more altruistic behaviors, like volunteering or donating money, tend to have a greater sense of purpose in their lives.

Interestingly, gratitude and altruism seem to work together to generate meaning and purpose. In a second experiment, the researchers randomly assigned some participants to write letters of gratitude—and those people later reported a stronger sense of purpose. More recent work by Christina Karns and colleagues found that altruism and gratitude are neurologically linked, activating the same reward circuits in the brain.



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

secrets From Nancy & Tee's Kitchen



Let us know if you
liked this on
Facebook.



One Pan Cheesy Jalapeno Chicken

Ingredients

- 4 small chicken breast (this was about 1.5 pounds for me)
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon butter
- 1/2 cup chopped onion (half of one small onion)
- 2 jalapenos, seeded and diced
- 1 teaspoon minced garlic
- 1/4 cup heavy cream
- 1/3 cup chicken broth
- 2 ounces cream cheese
- 1 cup shredded cheddar cheese (divided)



Instructions

1. Combine the cumin, chili powder, garlic powder, salt and pepper, set aside.
2. Heat a 12-inch skillet over medium heat, spray with nonstick spray or add up to 1 tablespoon olive oil.
3. Sprinkle the chicken breast with the spice mixture on each size.
4. Sear the chicken in the skillet 2-3 minutes on each side until nicely browned, remove from skillet and set aside.
5. Add 1 tablespoon butter in the skillet and add the onion, jalapenos and garlic and sauté for 3-4 minutes, stirring occasionally.
6. Add the cream, broth, cream cheese and reduce heat to low.
7. Stir mixture until cream cheese melts completely and add 1/2 cup of the shredded cheese to the sauce, stir well.
8. Add the chicken to the skillet and cover with the remaining cheese. Place a lid on the skillet and let simmer over low for 6-8 minutes.

This Free Issue of News Flash
is sent by your friends at

DuFresne's Auto Service
10690 NW Cornell Road
Portland, OR 97229

(503) 646-2940
Dufresneautorepair.com



DuFresne's
**AUTO
REPAIR**

NEWS
flash!

Revving Your Mind
Not just Your Engine

February 2021
Edition

*Hurry...
Savings Inside!*

Happy Valentine's Day

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PEORIA, AZ
PERMIT NO. 202