

**January 2019
Edition**

**Revving Your Mind
Not just Your Engine**



**NEWS
flash!**

Inside This Edition:

Super Carbs 101

WOW...What A Testimony

6 Crazy Car Facts

The Stumpers

The Savings Hub

Cilantro Lime Chicken

Soar Like An Eagle

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

Laugh Out Loud

Oh Happy Day...



Got Questions?



**CONTACT
US**

Holiday Insights

National Blood Donor Month

National Hobby Month

National Soup Month

Jan 1: New Year's Day

Jan 3: Festival of Sleep Day

Jan 4: National Spaghetti Day

Jan 4: Trivia Day

Jan 6: Cuddle Up Day

Jan 8: Bubble Bath Day

Jan 9: Take The Stairs Day

Jan 10: Houseplant Appreciation Day

Jan 13: International Skeptics Day

Jan 13: Make Your Dreams Come True Day

Jan 14: Dress Up Your Pet Day

Jan 17: Ditch New Years Resolutions Day

Jan 19: National Popcorn Day

Jan 21: Martin Luther King Jr Birthday

Jan 23: National Pie Day

Jan 24: Compliment Day

Jan 26: Spouse's Day

Jan 28: Fun at Work Day

Jan 31: Inspire Your Heart with Art 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

Super Carbs 101

What are super carbs?

They're an A-List group of complex carbs that includes:

SUPER GRAINS: 100% whole wheat, buckwheat, oats, quinoa, brown rice, millet, amaranth.

SUPER STARCHES: Squash, sweet potato, lentils, pumpkin, parsnips, beans (black, navy, pinto, edamame, chickpeas).



What makes them "Super"?

Unlike simple or processed carbohydrates (like sugar, white bread and white pasta), which are low in nutrients and can lead to weight gain and bloat, these carbs are chocked full of filling fiber and immune-boosting vitamins, minerals and antioxidants.

Why are they a genius weight-loss ally?

They're energizing and help stabilize blood sugar so you'll never get hit by cravings or the dreaded afternoon crash. And since they break down more slowly than a simple carb, they keep you fuller and satisfied longer.

***"Although no one can go back and make a brand new start, anyone can start from now and make a new ending."
~ Carl Bard***

WOW...What A Testimony!

Cory Gill: "Our family moved here to Portland over 6 years ago from Arizona. It is a such a great feeling to finally find a reliable and honest mechanic to work on our cars at a reasonable price. We will be back if we ever need to have our cars maintained and or worked on again."

Joelle Mascord: "I had my car's 60K service and the technician was very thorough and did a great job explaining the issues my car had!! I would

highly recommend and I'll be back." :)

Andrew Nguyen: "Great service for timing belt, water pump replacement for my Toyota Highlander Hybrid!!!"

Ernie Culman: "Courteous and efficient service, always."

Xavier & Leonor Ramirez: "Marco and the team solved my car headlights problem, very timely (within a day) and under warranty. Thanks."

Kate Rippel: "DuFresne's Auto has always been efficient,

friendly, and honest with their work on my vehicle. I have appreciated the use of their loaner car to get to-and-from work while my car was in the shop. They are professional and practice great communication during the whole process. Thanks, everyone!"

Emily Cruz: "DuFresne's absolutely made my day!!! Everyone was so kind and helped me so much.....
THANK YOU!!!!!"

6 Crazy Car Facts You Might Not Know

1. Participants in the first-ever car race hit an average top speed of 12 miles per hour. The 1894 race, called the “Competition for Horseless Carriages,” took racers on a 79-mile course from Paris to Rouen, France. Twenty-one racers participated, but only 17 actually crossed the finish line.
2. If you assembled a car at the rate of 82 individual parts per day, it would take a full year to complete the build. The average car is made up of about 30,000 parts when you include all the tiny screws and bolts that hold them together.
3. We’ve reached the billion-vehicle club. The number of registered cars, buses, and light, medium and heavy-duty trucks on the road passed one billion in 2010.
4. The guy who invented cruise control was blind. Ralph Teetor, who went blind at the age of five, found that when he and a friend rode horses alongside of each other, his friend would speed up when listening and slow down when talking. This inconsistency annoyed Teetor so much that he set out on inventing a device that could control speed. It was first commercially used by Chrysler in 1958.
5. A car was built every 16 seconds in March 2016. Yes that’s right, in the time it takes you to put milk or creamer in a cup of coffee, a car rolls off a production line in the UK.
6. The most popular car color in the world is white. Personally, I would have thought it be black or silver. They are close runner ups but white beat them all.





Ron and Nancy DuFresne opened the doors to DuFresne's Auto Service December 11th, 1968. Both kids grew up working at the shop and Tee has came back in recent years. Ron passed away in 1995 and Nancy has continued to run the shop. At one time they had 4 shops.

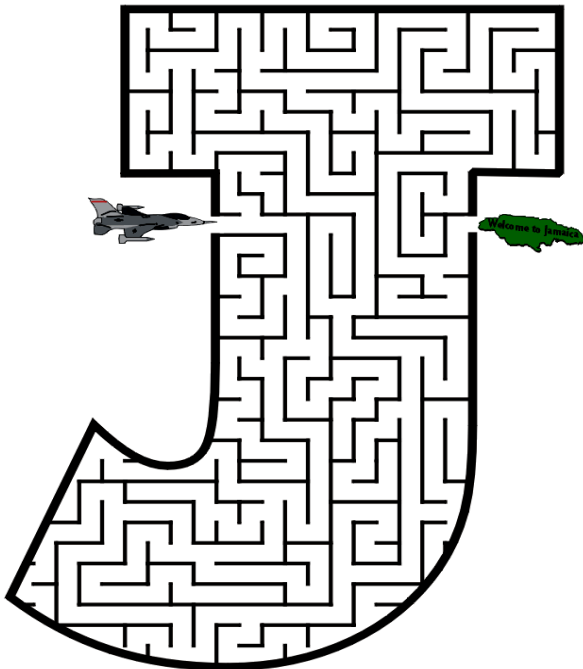
Watch for \$50.00 Discounts thru out the year to celebrate this milestone.



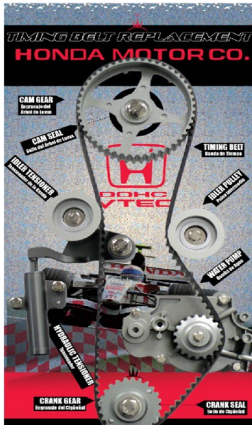
**Starting with \$50.00 Off
your timing belt
in the month of January.**

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



Now...
No cheating or erasing. :)



Timing Belt Coupon

Severe Driving Habits:

From AAA

1. Trips of 5 miles or less.
2. Extended idling conditions or low speed such as Stop and Go Traffic.
3. Trips of 10 miles or less and the outside temperature remains below 32 F
4. Trailer towing.
5. Operating in dusty, sandy, or salty areas.
6. Driving continuously in excess of normal highway speeds.
7. Extended driving in excessive temperature conditions. (above 90 F)

Call or E-mail today for your appointment.

503-646-2940

The Picture of a timing belt is just an example,
yours may be slightly different.

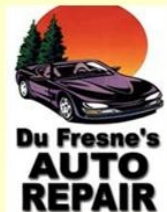
Timing Belt Replacement

\$50.00 OFF

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

**EXPIRES:
Jan 31 , 2019**

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(503)646-2940

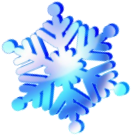


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The Savings Hub

Winter Can Be Trouble for Belts and Hoses!



For January
ONLY...

Get 10% off
belts and hoses!

**Save
10%**

Expires 1/31/19 · Must Present Coupon
Cannot Be Combined with another Offer · Max \$50.00

I ♥
*Saving
Money*

ESPRESSO



50% OFF

**Expires
01/31/2019**



Holy Cow!
**FREE
STUFF!** 

Our service technicians will perform a
complete, computerized battery system
test on your vehicle!

**Free Battery Test
With Any Other Service**

Expires 1/31/19
Coupon must be presented at time of service
One coupon per visit · Not Valid with any
other offer · With Any Other Service

\$25.00 OFF-Over \$150.00 Service Scheduled Maintenance 30, 60, 90 & 120 Mile Services

Manufacture Scheduled Maintenance

Improve your fuel economy, keep your vehicle running longer and safer and prevent big repairs by paying a little attention to proper maintenance.



**SCHEDULED
MAINTENANCE**



\$25.00 Off



**\$25.00 OFF Any 30k,60k,90k or 120k Mile Service
over \$150.00 Expires 01/31/2019**

**DuFresne's Auto Service
(503)646-2940**

Cilantro Lime Chicken & Sweet Potatoes

Ingredients

- 1/4 cup snipped fresh cilantro
- 1 teaspoon finely shredded lime peel
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1 - 2 pinches crushed red pepper
- 2 1/2 - 3 pounds meaty chicken pieces (breast halves, thighs, and drumsticks)
- 8 ounces Brussels sprouts, halved if large
- 3 tablespoons olive oil
- 1 pound sweet potatoes, peeled if desired, and cut into 1-inch chunks
- 2 medium cooking apples (Fuji, Gala, or Cortland), cored and each cut into 8 wedges
- Lime slices



Directions

1. Preheat oven to 450 degrees F. Line a large shallow baking pan with foil, if desired; set aside. In a small bowl combine cilantro, lime peel, garlic, salt, and crushed red pepper. Pat chicken dry with paper towels. Rub herb mixture evenly over chicken pieces. Arrange chicken in prepared baking pan. Add Brussels sprouts to pan. Drizzle chicken and sprouts with 2 tablespoons of the oil. Roast, uncovered, for 20 minutes, stirring sprouts once.
2. Add sweet potatoes and apples to pan (or divide mixture between two baking pans if crowded). Drizzle with remaining oil and toss to coat. Roast for 15 to 20 minutes more or until an instant-read thermometer registers 165 degrees F in the thickest part of the breast and at least 170 degrees F in the thighs or drumsticks and vegetables are tender. Garnish with additional cilantro and lime slices.



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

**THANK YOU
To Our Referral
Customers
of the Month**

**Joni Thurber, Kevin
Swehla, Philip &
Heather Erwin**

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

**Customer
of the Month**

**Dr. Barry
Newman**

Soar Like An Eagle

Did you know that an eagle knows when a storm is approaching long before it breaks? The eagle will fly to some high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages below, the eagle is soaring above it.



The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.

When the storms of life come upon us, like the eagle, we can rise above them and ride the winds of the storm that bring sickness, tragedy, failure, and disappointment into our lives.

What is your greatest challenge right now? Jot it down and then let it lift you higher.

Sudoku Stumper Answer

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



Secrets From Nancy & Tee's Kitchen



Let us know if
you liked this
on Facebook.



Taco Soup

Ingredients

16oz ground turkey
1 med yellow onion diced
1oz pkg dry taco seasoning
1oz pdg dry ranch seasoning
1 15oz can black beans rinsed and drained
1 15oz can corn drained
1 15oz can petite diced tomatoes
1 10oz can rotel tomatoes and green chilies
1 14.5 oz can chicken broth
Sour Cream & Doritos



Directions

1. In a large stockpot, brown together the ground turkey, and diced onion. Drain off any excess fat. Stir in seasoning mixes, and add in the remaining ingredients. Stir together well, cover with lid, and simmer for 20 minutes, stirring occasionally.
2. Serve right away. Top with sour cream and crushed Doritos. Refrigerate any leftovers in airtight containers.



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is sent by your friends at
DuFresne's Auto Service
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Dufresneautorepair.com



HAPPY NEW YEAR

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