

**March 2020
Edition**

**Revving Your Mind
Not just Your Engine**



Inside This Edition:

Happy Tools Day

Wow...What A Testimony

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It's All In The Head

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

Laugh Out Loud

Sometimes,
I forget how
to spell a
word so
I change
the whole
sentence to
avoid using it.



Holiday Insights

Irish American Month
National Craft Month
National Peanut Month
Mar 1: Namesake Day
Mar 3: Caregiver Appreciation Day
Mar 3: National Anthem Day
Mar 4: Hug a GI Day
Mar 6: Employee Appreciation Day
Mar 6: World Day of Prayer
Mar 8: Int'l Working Women's Day
Mar 10: Daylight Savings Begins
Mar 10: Purim Begins
Mar 11: Worship of Tools Day
Now who can relate? :)
Mar 12: Girl Scouts Day
Mar 13: Friday the 13th
Mar 14: National Potato Chip Day
Mar 16: Giant Panda Bear Day
Mar 17: Happy St. Patrick's Day
Mar 19: Spring Begins
Mar 20: Int'l Earth Day
Mar 21: Int'l Sports Car Racing Day
Mar 23: National Puppy Day
Mar 25: Waffle Day
Mar 29: Nat'l Mom & Pop Business Owner's Day

Hours

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

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

(503) 646-2940 ■ DuFresnesAutoRepair.com

Happy Tools Day

It's hard to imagine the world without tools as they are an essential part of our daily lives. Did you know there is an actual national holiday just for tools?

From the hammer, the screwdriver and the wrench to the most sophisticated tools, they are necessary. Upon their use, they sometimes get rusty and need to be shined, they get dirty and need to be cleaned, they get dull and need to be sharpened.

And that's where National Worship of Tools Day comes in. It's a day set aside to clean your tools, reorganize them, make something new with them or buy a new one. Whatever you choose to do with your tools on this day, remember ... taking care of your tools helps them last longer, which in turn is a benefit for you. Happy Tools Day!



***"The way I see it,
if you want the
rainbow, you gotta
put up with the rain."
~ Dolly Parton***

WOW...What A Testimony!

Brittany Myall: "Everyone is always so nice and helpful!"

Greg Walsh: "This local, independent repair shop is a jewel. Service is very professional, prompt and fairly priced. I recommend them highly."

Kate: "Great service and friendly staff. Would definitely recommend!"

Linda Humphrey: "Great service, fair price."

Maryann Cormack: "I brought my old Lexus in because of a noise that only hap-

pened on the first turn of the key. They could not get that to happen again. They spent a lot of time but the car would not cooperate. There was no charge for all the time spent on my car. I appreciated that very much and would recommend them gladly. I will certainly bring my car there again."

Don Spiegel: "It's so simple; you leave your vehicle, and you know when you go to pick it up, it will be done on time, properly, and with however much explanation you want.

And they seem to appreciate their customers. Don't you wish it was that way everywhere?"

Bruce & Penny Gardner: "So fortunate DuFresne was able to replace headlights the day after they went out. (Both went out in the same day!) Fortunately DuFresne great friendly service. They made my car safe to drive."

Alyssa Redinger: "Always personal and professional staff. In and out! Very easy shop to work with."

The Glaring Truth

Daylight saving time starts March 10. It forces us to spring forward and advance our clocks one hour. This effectively moves an hour of daylight from the morning to the evening giving you more daylight after school or work. It could also mean you're driving with the sun in your eyes more often.

Glare from the sun can be blinding and cause significant driving problems. To ease the pain and make your drive safer and easier, follow these four tips:

1. Clean your windshield. Dirt and water spots on the windshield can compound problems caused by sun glare.
2. Treat a blinding sun as you would any other road hazard: Slow down, increase your following distance behind other vehicles and use extra caution.
3. Don't use cleaners that add shine to your vehicle's dashboard. A shiny dashboard can add to the sun's reflection in your eyes.
4. Wear polarized sunglasses. Ordinary sunglasses offer a little relief from blinding sun rays, but polarized lenses break up the sun's intense glare.
5. Have your windshield treated. It will help you see better and reduce the headaches that are caused from the glare.

And why you're at it, this is a great time for a vehicle inspection. With temperature changes that come through the spring and summer, it's best to make sure your vehicle is ready for the seasonal and temperature changes ahead.

But don't stop there. Give your vehicle some much needed TLC. Show your vehicle how much it's appreciated by vacuuming the interior surfaces, washing the body from top to bottom, hosing off the underbody and cleaning the tires. Not only will you look good going down the road but your vehicle will be driving at it's best.

Happy Spring Forward!

Headlight Restoration



The image shows two close-up photographs of a car's headlight. The top photograph is labeled 'BEFORE' in a red box and shows a headlight that is heavily clouded and yellowed. The bottom photograph is labeled 'AFTER' in a red box and shows the same headlight after restoration, appearing clear and bright. To the left of the images is a large red 'X' over the text '\$129.99'. To the right is the text 'ONLY \$99.99' in large red letters, with 'Most Cars' written below it in a smaller red font.

~~\$129.99~~

ONLY \$99.99
Most Cars

**Have you noticed it harder to see
at night or when it's raining?**

If you have cloudy or worn and yellow headlights you are taking a big and unnecessary risk when you drive at night. According to the AAA Foundation For Traffic Safety:

An average of 9 out of every 10 cars on the road today has dirty or yellowed headlights that greatly reduce vision and need to be replaced, repaired or restored.

Most people do not know that not only do worn or cloudy headlights look bad, but they also reduce light output by as much as 95 percent. That is a huge difference in whether you can effectively see or be seen when driving at night.

Expires: 3/31/20

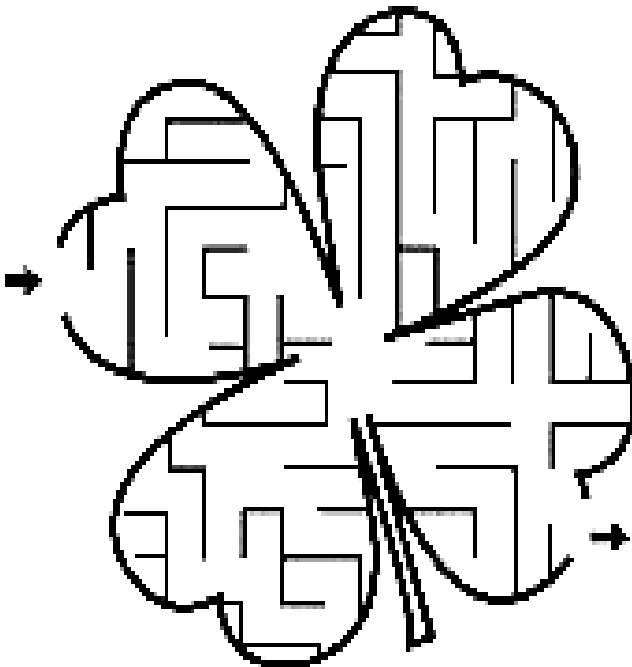


The Stumpers

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.

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



MAZE:

You must find your way out in one line.

Now... No cheating or erasing. :)



Get Lucky All Month Long With These Specials ...

We understand ... You want to keep your car for a long time. And the good news is ... YOU CAN!!! All you have to do is take good care of it. Have you been putting off some car issues you need to get taken care of?

Would you like to get LUCKY with us?

Now, Wait a minute ... not like that,
just great deals on auto repair!

You can even combine these coupons if you'd like!

Check out these GREAT DEALS ...

All of them are less than \$30!

Conventional Oil & Filter Change \$29.99 Includes up to 5 qts of oil & filter ~ Most Cars	Tire Rotation & Brake Inspection \$9.95 Rotate tires & inspect brake system ~ Most Vehicles	Replace Wiper Blades \$18.95 Front blades only ~ In Stock only
Battery Service \$18.95 Check battery for charge. Clean and tighten battery terminals	Check Engine Light Diagnosis \$29.99 1 Step Only ~ May require additional diagnostic	FREE Multi-Point Vehicle Inspection with any other service Factory recommended vehicle inspection
Coolant Check and Up to One Gallon Anti-Freeze \$29.99	FREE Latte or Mocha A \$3.00 Value	\$10 OFF Synthetic Oil Change

Hurry In...Expires March 31, 2020



Propane Price Reduction



**\$2.00
OFF**
Minimum 4 gallons

**50% Off Any
Espresso Drink**

Expires: 03/31/2020



- ⇒ Did you get a Rebate From Us?
- ⇒ Have you used your Rebate yet?
- ⇒ Don't forget to use your Rebate!



**Check Out
These
Incredible Deals!**

Lucky Brake (get it?) Special



- Flush Brake Lines & ABS Unit
- Flush Wheel Cylinders
- Flush Calipers
- Flush Master Cylinders
(Includes 2 units of brake fluid)

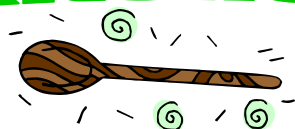


**\$149 Value For
Only \$89!**

Expires 3/31/20



Secrets From Nancy & Tee's Kitchen



Let us know if you liked
this on Facebook.

Luck o' the Irish: Reuben Crescent Bake

2 tubes (8 oz. each) refrigerated crescent rolls
1 pound Swiss cheese, divided
1 pound sliced deli corned beef
1 can (14 oz.) sauerkraut, rinsed and drained
2/3 cup Thousand Island salad dressing
1 egg white, lightly beaten
Caraway seeds to sprinkle



Preheat oven to 375 degrees. Drain sauerkraut and rinse well. I used a strainer then used paper towels to press additional moisture out of the sauerkraut. Set aside.

Unroll one tube of crescent dough into one long rectangle. Seal seams and perforations. Press onto the bottom of a greased 13- by 9-inch baking dish. Bake 8 to 10 minutes or until golden brown.

Layer with half the cheese. (The original recipe called for sliced cheese, but I prefer grating a 16-ounce block of cheese in the food processor. Either way is fine.) Layer all the corned beef on top. Combine sauerkraut and salad dressing. Spread over beef. Top with remaining cheese.

Put a piece of waxed paper on the counter. Remove the remaining roll of crescent dough from the tube and put on the waxed paper, forming a rectangle. Place another piece of waxed paper on top. Use a rolling pin to seal the perforations and form it into a 13- by 9-inch rectangle. Take off the top layer of waxed paper, and flip it onto the casserole. Remove the other layer of waxed paper and stretch to fit the casserole dish, sealing any perforations. Brush with egg white. Sprinkle with caraway seeds.

Bake 12 to 16 minutes or until heated through and the crust is golden brown. Let stand 5 minutes before cutting.
Yield: 8 servings.



Stuffed Cabbage Rolls



Ingredients

- 2/3 cup water
- 1/3 cup uncooked white rice
- 8 cabbage leaves
- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1 egg, slightly beaten
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (10.75 ounce) can condensed tomato soup

Directions

1. In a medium saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.

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

Referral Customers of the Month

**James Reuther, Laura
Dytewski, Richard
Dressler, Walter Young,
Sung Chung, Xavier &
Lemon Ramirez**

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

Customer of the Month

**Roger & Gwen
Williams**

It’s All In Your Head

“Mindfulness” might make you think of tree-hugging yogis, but it’s really just paying attention, moment by moment in a nonjudgmental way to your thoughts and feelings. According to a Brown University study, people who achieve this Zen state tend to make healthier decisions and have better heart health. So, how mindful are you?

Take this quick quiz.

Day-To-Day Experience	Never	Seldom	Sometimes	Often	Always
I BREAK or spill things, since I’m not paying attention	1	2	3	4	5
I FORGET names as soon as I hear them	1	2	3	4	5
I CAN EXPERIENCE a strong emotion and not fully realize it until later.	1	2	3	4	5
I DO JOBS, chores and tasks on autopilot.	1	2	3	4	5
I LISTEN with one ear while I think about something else.	1	2	3	4	5
I DRIVE to a place and wonder why I’m there.	1	2	3	4	5

TALLY YOUR SCORE
THEN FIND OUT HOW TO IMPROVE IT

6-15 You’re pretty in tune with your thoughts. To keep it up, make meditation part of your routine.

16-24 You can be mentally aware but tend to slip up. Consider booking quiet time for yourself.

25 or more You might feel frazzled or disorganized. If you’re not into the “om”, researchers say going on a walk or doing other exercise is a great way to start to build your mindfulness.

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

Check Your Own Oil: Make Sure You're Doing It The Right Way



Here are the steps to follow to check your car's oil:

1. Check the oil when the engine is warm. Oil expands when it's hot and contracts when it's cold; different temperatures will give you different readings. Park the car on a level surface.
2. Turn off the engine. It's best to wait at least 10 minutes to give the oil a chance to drain down into the crankcase. Otherwise, you might think you're as much as a quart low when you're not.
3. Open your hood.
4. Find the dipstick - a long piece of metal sticking out of the engine usually located near the spark plugs with a loop at one end . Many dipsticks now have a "T" handle or are incorporated into the fill cap. If you don't find the loop, look for these.
5. Pull on the loop and draw the dipstick all the way out.
6. Wipe the oil off the dipstick with a paper towel or shop rag.
7. Replace the clean dipstick, making sure to push it all the way in; then pull it back out and hold it horizontally in front of you.
8. Look at the pointed end of the dipstick. If the oil on the dipstick is below the line marked "full", add a small amount of oil (less than a quarter of a quart) with a funnel. Many dipsticks simply have two lines with a cross hatch design in between. The oil level should be halfway between these two lines.
9. Add oil by unscrewing the oil filler cap, which is about 3 inches in diameter and is located on the very top of the engine.
10. Check the oil level with the dipstick after adding oil. Add more if necessary. It's easy to add more oil but difficult to remove oil if you add too much so add slowly and continue rechecking.
11. Put the oil filler cap back on and secure it tightly.

The oil lubricating system is a closed system. This means that the oil does not get "used up" or go anywhere. If it's consistently low, there may be an oil leak. Leaks always get worse, and losing all the engine oil will require expensive repairs and/or replacing the engine. Make sure to bring it in if your car seems to have an oil leak.

Ready for an Oil Change?

***Oil Change
Special***

Oil, lube and filter change

Only \$29.99
MARCH ONLY

Must present coupon
Most Vehicles ~ Expires 3/31/20

Think you might
have an Oil Leak?

\$20 Off
Steam Clean & Dye

**Let's catch it BEFORE
it's a big repair**

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Happy St. Patty's Day

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