

**November 2022
Edition**



**Du Fresne's
AUTO
REPAIR**

November Observances

American Diabetes Month

National Adoption Month

Nov 3rd: Art Walk

**Nov 6th: Daylight Savings Times
Ends**

Nov 11th: Veterans Day

**Nov 15th: Lewis & Clark Reaches
the Pacific Ocean**

**Nov 17th: Great American Smoke
out**

Nov 18th: Mickey Mouse B-day

Nov 24th: Thanksgiving

Big News



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Lewis & Clark Reaches the Pacific Ocean November 15th, 1805

On November 15, 1805, Meriwether Lewis and William Clark reached the Pacific Ocean near present-day Ilwaco, after having traveled overland a distance of over four thousand miles. They spent the winter of 1805-06 near present-day Seaside, Oregon, in a self-built stockade named Fort Clatsop.



Thank You For The Kind Words

Renee Niepoky

We have taken our vehicles to DuFresnes for years and have always been happy with the car repairs and services as well as the customer service! Last spring, I was leaving the local elementary school when our ten year old van started acting bizarre and dashboard lights started flashing. I had never experienced this before and panicked a bit as it was time for dismissal. Thankfully DuFresne's was 0.2 miles down the road and I safely slid into their parking lot. We walked home while the competent service crew diagnosed the issues. I am so grateful they were able to get our van back on the road less than 24 hours later.

Taylor De Laney

I have used Du Fresne's Auto Service

for many years. I have found them to be honest and with high integrity. They do good work. I suspect that is what keeps me coming back. Thanks.

James Zhang

Honest recommendations on diagnostic work! Will come back for future services.

Kerry Rae Connolly

A huge shout-out to my neighborhood auto shop! I was impressed with their communication and service from start to finish. I will definitely use them again if needed!



Did You Know We Are A AAA Shop?

**10%
OFF**

**10% Off Labor
Up To \$50.00**

**Show us your AAA Card
when checking in.**



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10th Annual Coat Drive

DuFresne's Auto Service is Partnering with Portland Rescue Mission

DuFresne's Auto Service is collecting new or clean and gently used coats and jackets during the month of November. All coats will be donated to the "Portland Rescue Mission"

We are also collecting Hats, Gloves, Scarfs, Warm Clothes, Blankets and socks.

You will receive \$5.00 Coupon for the first coat you donate and \$2.00 for every coat after.

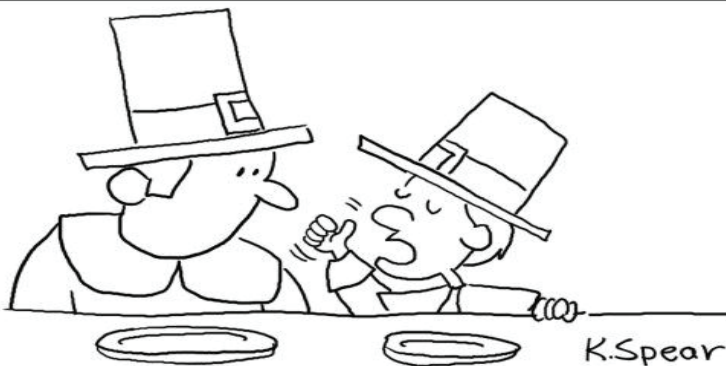
Up to \$50.00



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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.

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



K.Spear

"Today, I am thankful for these
very stylish hats."

© 2017 Kevin H. Spear — Kevin@KevinSpear.com

First Thursday in the Pearl District Art Walk~Nov 3rd

Started in 1986, First Thursday in the Pearl is a district-wide celebration that occurs on the first Thursday of each month. Originally a gathering of art collectors and dealers, the celebration has grown to a monthly event of over ten thousand people that includes art enthusiasts, wine aficionados, and scenesters looking to see and be seen. Art galleries in the district are all open late into the evening for receptions and new show openings. Many of the galleries offer food and drink while the artists showing are available to meet and discuss their work. On pleasant evenings, the streets are literally packed with artists selling their creations and musicians and bands playing live music on many of the closed-off streets. Parking gets very difficult in the area on First Thursday. It is recommended to take public transportation to the Pearl, or park nearby and walk into the neighborhood.

Article can be found at www.travelportland.com/event/37024055596456/



Coupons



Refer a Friend,
Family, Co-Worker or
even your Mail Man
and get 2 FREE Movie
Tickets from
DuFresne's Auto
Service

Daylight Savings Check up Special

Most Vehicles-5 quarts
Expires Nov 30, 2022

- ⇒ Check your tire pressure & inspect your tires for wear
- ⇒ Inspect wiper blades
- ⇒ Remove debris from radiator grill and under the hood
- ⇒ Check belts & hoses
- ⇒ Test battery
- ⇒ Oil change

\$49.95 Conventional
\$79.95 Synthetic

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



Secrets From Nancy & Tee's Kitchen



Let us know if you liked
this on Facebook.

Broccoli & Bacon Salad

Ingredients:

- 6 Broccoli Flowerets—Cut into small stemless bite size pieces
- 1 Small Onion Diced
- 1 Cup Craisens
- 1/2 Cup Sunflower Seeds
- 6 Slices of Cooked Bacon—Cut into 1 inch pieces

Dressing:

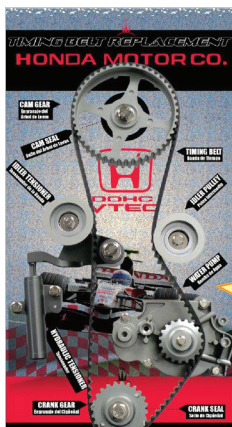
- 1 Cup Mayonnaise
- 1 tsp Balsamic Vinegar
- 1/2 Cup Light Brown Sugar



Put all Salad ingredients in a family size salad bowl and toss. Mix dressing ingredients together till sugar is dissolved. Toss with dressing.

Recipe Courtesy Of Julie Means

If you would like your recipe to be in our
Newsletter, Please send Via E-mail



November 2022

Timing Belt Coupon

Do you know what is considered “SEVERE DRIVING HABITS”. I bet you will be surprised. The following is from the AAA Website .

Tips of 5 miles or less

Extended idling conditions or low speed such as Stop and Go Traffic

Trips of 10 miles or less and the outside temperature remains below 32F

Trailer Towing

Operating in dusty, sandy or salty areas

Extended driving in excessive temperature conditions (above 90)



Timing Belt Replacement

\$50.00 OFF

Expires:

Nov 30th , 2022

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

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We will QUIT selling Cigarettes as of Dec 31st, 2022



The American Cancer Society sponsors the Great American Smokeout on the **third Thursday of November (November 17)**, challenging smokers to give up cigarettes for 24 hours. If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever!

6 Foods that can make you more hungry



Some foods can actually leave you hungry after consuming them. According to Aurora Health, these foods can cause a rapid drop in blood sugar, which can lead to hunger.

1. Fruit juice: The fiber is stripped out in processing. So with no fat or protein, but lots of sugar, juice causes a quick rise in blood sugar then a quick drop leading to hunger. 2. Yogurt: Some types are high in sugar and all types require very little chewing. Chewing helps make people feel full. Greek yogurt is better because it is higher in protein, promoting more satisfaction. Add fresh fruit to provide fiber.

3. White pasta: Low in fiber and high in carbohydrates, pasta provides few vitamins while increasing blood sugar.

4. Chips/pretzels: These high-sodium snacks lead to dehydration. People make feel hungry later, but they may really be really thirsty.

5. Muffins: Sound healthy? Like pies and donuts, muffins break down quickly into sugar, which signals the body to release insulin, which lowers blood sugar. Then you feel hungry.

6. Alcohol: Lowers your inhibitions and makes you crave carbs.

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

Customer of the Month

Micheal Stando, Tracy Smith,
Sabrina Rabinovitch, Chul Paik, Eric
Bruckbauer, Eric Johnston

**Dennis & Mary
Sackhoff**

**Movie Theaters Are Back Open! Refer
friends & And we will send you tickets.**



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Big News
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