#### **Revving Your Mind** Not just Your Engine

### March 2021 Edition





#### Inside This Edition:

Wacky Kind of Day

Wow...What A Testimony

Spring In Your Step

The Stumpers

Savings Hub

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World Wonder

# Hurry... Savings Inside!

### Holiday Insights

Irish American Month National Craft Month

National Peanut Month Mar 1: National Pig Day

Mar 3: Caregiver Appreciation Day

Mar 3: National Anthem Day

Mar 5: Employee Appreciation Day

Mar 7: National Cereal Day

Mar 8: Int'l Working Women's Day

Mar 11: Worship of Tools Day

Now who can relate? :)

Mar 12: Girl Scouts Day

Mar 14: Daylight Savings Begins Mar 17: Happy St. Patrick's Day

Mar 19: Spring Begins

Mar 20: Int'l Earth Day

Mar 21: Credit Card Reduction Day

Mar 23: Nat'l Chip and Dip Day

Mar 25: Waffle Day

Mar 29: Nat'l Mom & Pop Business

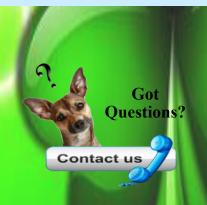
Owner's Day

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

### Laugh Out Loud



You know...if Youtube, Twitter and Facebook merged, they could call their new website: "YouTwitFace".

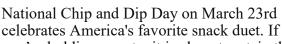


### Hours

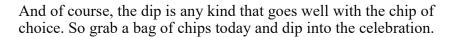
**Monday - Friday 6AM - 5PM** 

### Wacky Kind of Day

Did you know there are literally thousands of daily holidays, special events and observances, more than one for every day of the year. Many of these holidays are new, and more are being created on a regular basis. Holidays in March are no exception.



you're holding a party, it is almost certain that chips and dips are on the snack list. The only possible exclusion would be for an Ice Cream party. :)





Peace is always beautiful. ~ Walt Whitman

### WOW...What A Testimony!

Kaitlin Delamerle: "As always the service on my Jetta was pretty quick and affordable, the mechanic always called me as soon as he found an issue and let me know the severity before pressuring me into it like the dealerships do. My service was so affordable, I'm never going back to the dealership!! Du Fresne always treats me with respect and never sees me as a number when I walk in, thanks for everything guys!" Dina Andrews: "I'm new to

the area and have found my

"Preston and his repair team are very thorough! We appreciate the entire team keeping our old car going!" Rangerdanger: "Very fair people who won't try to take

advantage of you. I bring my

mechanic! My Audi A3 broke

down and I took it here, Pres-

ton and his team were very

friendly and got my repair

done in no time and went

Gail & Doug Conway:

recommend!"

above and beyond to get my

plethora of issues resolved. I'll

definitely be back and highly

truck here when there is an issue I can't solve and they always give me the best advice/service."

Eileen S.: "We met Preston years ago and have always trusted him. We had a last minute repair that needed to be done and I contacted Preston on Friday and he could take it in as soon as Monday. Drop off and pick up was easy and you can order an espresso as well, now that's convenient! This was our first visit and the service was excellent."

### Spring In Your Step

With the winter fading away and spring showing her blooms, you can feel the annual cabin fever calling you. It's a time when you get the itch to forget the winter's frostbitten fingers and the gloomy skies to feeling freedom at its all time best. A chance to relax, rejuvenate and find the perfect excuse to take a road trip.

For some, spring break is the Las Vegas of holidays. For others, spring fling includes camping in the mountains or racing all-terrain vehicles across the sand dunes. And then you have another bunch who wants to shake off the vitamin D deficiency feeling and travel to the beach.

Wherever your escapades and adventures take you to get a fresh spring in your step, it's time to make sure that your vehicle is ready for the seasonal change. Here's a quick checklist to ensure you have a great adventure:

#### Check vehicle exterior

- Headlights and tail lights
- Wiper blades

- Tire tread wear
- Tire pressure

Wiper blades should be replaced every 6-9 months because they directly affect your visibility and safety. Check your tires for wear. Uneven wear on your tires can indicate an alignment issue. Your tire pressure can fluctuate during cold weather so it should be checked after winter.

#### Check under the hood

- Oil change
- Battery and connections
- Hoses and belts
- Schedule a tune-up

A change in seasons is always a good time to get an oil change to keep your car running efficiently. Dirty air filters can waste gas and cause the engine to lose power. Make sure your belts and hoses are not cracked, brittle, frayed, loose or excessively worn.

### Check your fluids

- Engine oil
- Brake fluid
- Power steering fluid
- Transmission fluid
- Windshield washer solvent
- Antifreeze/coolant

### Happy Spring!

### **Headlight Restoration**







### 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: 3/31/21**

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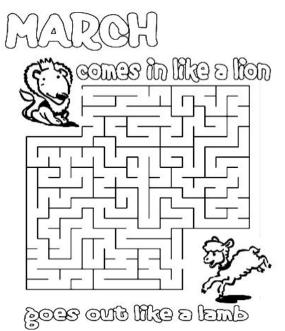


### The Stumpers

**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.

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

Hint...Sudoku answers included within this edition.



#### MAZE:

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

(503) 646-2940 ■ **DuFresnesAutoRepair.com** 



### 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 \$35!

### Conventional Oil & Filter Change \$34.99

Includes up to 5 qts of oil & filter ~ Most Cars

### Tire Rotation & Brake Inspection \$9.95

Rotate tires & inspect brake system ~ Most Vehicles ~ With Any Other Service

### 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 529.99

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, 2021







**50% Off Any Espresso Drink** 

Expires: 03/31/2021



- ⇒ 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 3/31/21

# secrets From Nancy & Tee's Kitcher







### "K.F.C." Keto Fried Chicken

### **INGREDIENTS:**

1 Cup vegetable oil, for frying

2 large eggs

2 Tbsps. heavy whipping cream

2/3 Cup blanched almond flour

2/3 Cup grated parmesan cheese

1/4 tsp. salt

1/2 tsp. black pepper

1/2 tsp. paprika

1/2 tsp. ground cayenne

1 lb boneless, skinless chicken thighs

# NET CARBS:3G | CONTROL |

### **Directions:**

- 1. In a medium pot over medium heat add vegetable oil. Make sure it is about 1" deep. Heat oil to 350 degrees, frequently monitoring to maintain the temperature by adjusting heat during frying.
- 2. In medium bowl, add eggs and heavy whipping cream. Beat until well mixed.
- 3. In a separate medium bowl, add almond flour, parmesan cheese, salt, pepper, paprika, and cayenne and mix.
- 4. Cut each thigh into two even pieces. If wet, pat dry.
- 5. Coat each piece first in the dry breading, then in the egg wash and then the breading again.
- 6. Shake off any excess breading and lower the chicken into the hot oil. Fry until deep brown and cooked through, about 3-5 minutes on each side.
- 7. Repeat until all chicken is cooked. Serve right away while hot and crispy.

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### **Patty Melt**

It's important to use rye bread with caraway seeds (called Jewish rye). Those little savory seeds add a distinct, yet critical flavor to the sandwich.



#### **Ingredients**

1 1/2 pounds ground beef (80/20), hand shaped into 4 square patties

8 slices cheddar cheese

1 white onion, sliced 1-2 tablespoons Grapeseed oil or butter

8 slices rye bread Salt and pepper

#### Directions

1. Place one slice of cheese on each slice of bread.

- 2. Warm the griddle or a large frying pan on medium heat. Season each side of the burger patty with salt and pepper. Begin by placing the burger and onion slices side-by-side on the griddle/pan.
- 3. On the opposite side of the griddle/pan, put a thin layer of oil and place the bread flat with cheese side up. Cook the patties about 3 minutes on each side for medium.
- 4. Remove the patty from the griddle and let rest for one minute.
- 5. Place grilled onions on top of one slice of bread, then place the patty on top of the onions. Top off with another piece of bread, cheese side down. Cut in half and serve with a pickle spear (if desired).

Note: If the cheese isn't melting quickly, cover the pan with a lid, to encourage the cheese to melt.

Thank you for trusting us and helping us grow.

Referral Customers of the Month

Bruce Nicholson Jane Galvin Kyle Strek Rita Rivera Thank you for brightening our day and being an awesome customer.

Customer of the Month Mike & Judy Edwards

### World Wonder

March is one of the best times to vacation. The March equinox, which occurs around March 20, marks the beginning of spring in the Northern Hemisphere and the beginning of fall in the Southern Hemisphere. For this reason, March tends to be a mild time of year, warmer than the winter months and cooler than the summer months.

Flight and accommodation costs tend to be lower which makes March the perfect time for some much-needed rest and relaxation.



One of the world wonders is Petra, an ancient city located south of the Dead Sea. Inhabited for more than 200,000 years, the Rose City -- so called for the pink hue of its stone cliffs -- is best known for the carved cliff face of the Treasury, which is believed to have been a temple or tomb for a royal family.

The trek to Petra takes several hours, and it can be miserable during the sweltering summer. However, during March, temperatures are generally in the mid-70s, and the highs don't exceed the low 80s.

This weather makes for an enjoyable excursion to Petra during the day, or even at night, when you can see the Treasury lit up by thousands of candles.

Happy Travels!

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

### 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.
- 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.

Think you might have an Oil Leak?

\$20 Off
Steam Clean & Dye

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

Must present coupon
Expires 3/31/21

Fhis 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 Dufresnesautorepair.com





Happy Ot. Patrick & Day

Revving Your Mind Not just Your Engine

March 2021 Edition Hurry...

Savings Inside!

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