

November 2021



Big News

November Observances

National Adoption Month

Nov 1st: All Saints Day

Nov 6th: Pumpkin Destructing
Day

Nov 6th: Sadie Hawkins Day

Nov 21-27: National Family week

Nov 25th Thanksgiving

Nov 30: Computer Security Day

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**National
Adoption
Month**

November is National Adoption Month

November is Adoption Awareness Month. You may be surprised to learn that although no more than 2% of Americans are adopted, over 1/3 of Americans have considered adopting a child. Whether you've thought about adopting a child, have been personally affected by adoption or are simply interested in the topic, November is the perfect time to learn more.

Find rest of article at OneHopeUnited.org Nov 2, 2020

Thank You For The Kind Words

Ray Castro

They have done it again!!! ;0) The TEAM at Du Fresne's Auto Repair was very accommodating even in the midst of this Covid-19 Pandemic. From Checking-In at the window to the Mechanic handing my sanitized keys and vehicle, you will never be disappointed. This TRUSTWORTHY TEAM has thought through the process and deserve a 5-Star rating. I plead, with anyone reading this review, to give them a shot just so you can EXPERIENCE the way people should be treated with the respect and courtesy. By the way, there prices are to be desired because they definitely beat any dealership around and any repair shop I have ever been to.

Kirk Hansen

I never enjoy spending money on my car. Particularly when it is moving and getting me where I want to go. Had to pass DEQ this month and DuFresne's set me up. Even sent me out in a loaner car while the parts were arriving.

Joe Wedding

We've used DuFresne's for over 25 years and trust them fully!

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Happy Sadie Hawkins Day!



November 6th 2021—Sadie Hawkins Day

In the United States and Canada, a Sadie Hawkins dance is a usually informal dance sponsored by a high school, middle school or college, to which the women invite the men. This is contrary to the custom of the men typically inviting the women to school dances such as prom in the spring and homecoming in the fall. [Wikipedia](https://en.wikipedia.org/wiki/Sadie_Hawkins_Dance)



November 21st thru 27th

1. Give kids lots of hugs and smiles.
2. Take time just to be with children.
3. Remember to look after adult relationships.
4. Ask for help if you need it.
5. Have a family movie marathon.
6. Have a family sports carnival.
7. Hold a family talent quest night.
8. Have a family games night

9th 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

A graphic featuring the words "COAT DRIVE" in large, colorful, block letters. Each letter is hanging from a metal rod by a small metal hook, as if they were coats on a rack. The letters are in various colors: blue, green, red, purple, blue, green, red, purple, blue.

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How to solve Sudoku puzzles

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.

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



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.



Coupons



Daylight Savings Check up Special

Most Vehicles-5 quarts

Expires Nov 30, 2021

- ⇒ 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

\$39.95 Conventional
\$69.95 Synthetic

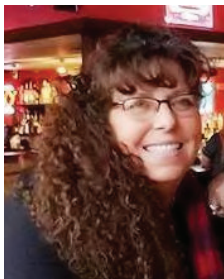
9	8	1	4	3	5	2	7	6
4	2	3	8	7	6	9	5	1
5	7	6	1	2	9	8	3	4
8	6	7	3	9	2	1	4	5
2	5	4	7	6	1	3	8	9
3	1	9	5	4	8	6	2	7
1	9	5	2	8	4	7	6	3
6	3	2	9	5	7	4	1	8
7	4	8	6	1	3	5	9	2



Refer a Friend.

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

secrets From Nancy & Tee's Kitchen



Let us know if you
liked this on
Facebook.

Baked Loaded Cauliflower

Baked loaded cauliflower!! Literally tastes like a loaded potato!
Even the pickiest eaters love this dish. I took this to Thanksgiving for people that don't eat mash potatoes.

1 head of cauliflower
4 oz cream cheese
2 cups of shredded cheddar cheese
8 oz sour cream
Green onion
Bacon *cooked and then added*
Salt and pepper



Picture taken before baking.

I steamed my cauliflower a little bit before adding to dish and put



Have you started your Christmas Shopping?

If not this is a must read.

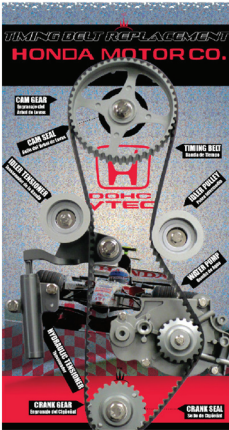
If you haven't ordered, it's probably too late

If you've ordered anything online this year, you know that shipping can be very fast ... or... you could be checking the mail for a month. 'Backordered' is a word with serious implications this year.

In fact, if you wanted some electronic gadget, you probably should have ordered it in August or September. Companies that have the product warehoused in the U.S. could send them swiftly. But if the product has to be shipped from Asia, don't count on it, especially if you want electronics. If you still haven't ordered in November, don't count on it for Christmas or Hanukkah. In September, there were 74 cargo ships waiting in California ports one weekend, a traffic jam that had no end in sight. There have been plenty of good reasons why products haven't reached their destinations. In July, a typhoon delayed container ships at one of the world's busiest ports in China, and a single case of COVID-19 shut down the whole port in August, according to CNET. Once unloaded in the U.S., goods are delayed by a truck driver shortage. Anything with microchips, which includes many goods including cars, magnets (toys), and even some plastics, will be hard to find if they haven't been warehoused in the U.S.

The good news: You might have some luck shopping locally in actual stores, whose buyers probably did order in August or September.





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.
- 8 Extended driving in excessive temperature conditions. (above 90 F)

Timing Belt Replacement

\$50.00 OFF

Expires:
Nov 30th , 2021

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

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AUTO
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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

Barb Goodrich
Gabe Cottet
Nick Marby
Paul Fleming
Victoria Rivera

Gus Reyes

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



Exceptional Customer of the month.

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