



Doran-King Garage, Inc.
 1521 Randolph Avenue
 St. Paul, MN 55105

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Fall 2009 Newsletter

CHECK OUT OUR FALL SPECIALS



- **LIGHTS ON FOR SAFETY**
- **KYB STRUTS**

See INSIDE FOR MORE DETAILS

We're on the Web!

Visit us at
www.doranking.com

651-690-2050

YOUR NEIGHBORHOOD AUTO REPAIR CENTER SINCE 1967

Join eCARE Today!

You may know that maintenance is, and has always been, vital to keeping your car running smoothly. Not only does it provide maximum fuel efficiency, saving money and our environment, keeping your car in tip-top shape will reduce the need for major repairs – and major dollars to your mechanic. Since each car is different, your vehicle's manual will provide the recommended service schedule specific to your vehicle. Or, let us take care of it for you, through eCARE.

Specially designed to provide factory scheduled maintenance schedules specific to your vehicle, our eCARE program will send you email reminders when your vehicle is due for maintenance, In addition, eCARE allows you to

- schedule appointments online
- view your vehicle's service history
- obtain Technical Service Bulletins (TSB)

Sign up at www.doranking.com or call (651) 690-2050 for more info!



On average, each \$1,000 spent on car repair should get you about 12 months. That's about \$83 month to keep your car running safely.

Easy Dinner Prep Ideas

Quick and easy meal planning doesn't have to mean frozen pizza or a fast-food trip. After a long day at work and running kids to various activities, many of us have found it difficult, and time consuming, to prepare a decent meal that everyone will enjoy. Here are some tips to get out of the kitchen quicker:

- Wash, prep & store fresh veggies when you bring them home. You can then just get out what you need during the week.
- Not into all that chopping? Remember - frozen fruits and veggies are just as nutritious as fresh. Or, buy fresh already chopped and ready to go.
- Use bottled sauces rather than prepare them from scratch. There are a lot of varieties and organic products to choose from that taste like they came from grandma's kitchen.
- When cooking meat or poultry, remember to cook extra for other meals.
- Cut meat or poultry into small pieces for faster cooking. This also saves from reaching over to cut up your little one's meat at the table. It's already just their size!
- When cooking from a recipe, make sure and read the entire recipe through to ensure you have all the ingredients prior to starting the process.
- Start early. For example, if making a chicken stir fry, cut meat into cubes, cut veggies and prepare sauce when you are able to during the day and store in refrigerator until dinner. A little here and there makes preparing dinner less stressful
- Save the hard, longer preparation meals for weekends when there is more time, and maybe more help.
- Shop once a week and have a menu planned out for each night. This will save you from last minute shopping trips.
- The crock pot can be a great easy meal idea. Cook a whole roast chicken, soup, roast beef, or anything that can slow cook for the day. It's nice to come home and VOILA dinner's ready. What a great feeling!



Dish: _____ Serves: _____

Recipe

One-Dish Chicken Supper

4 boneless, skinless chicken breasts
1 can cream of chx soup 1/3 cup milk
1 pkg Stove Top Stuffing mix 1 2/3 cup water

2. Place chicken in slow cooker
3. Combine soup and milk. Pour over chicken
4. Combine stuffing mix w/ seasoning packet, and water. Spoon over chicken
5. Cover and cook on low 6-8 hours

Serves 4

Dish: _____ Serves: _____

Recipe

Pork Chops & Mushrooms

4 boneless pork chops, 1/2 thick
2 med onions, sliced 1/4 cup water
4 oz can sliced mushrooms, drained
1 can golden cream of mushroom soup
1 env dry onion soup mix

1. Place pork in greased slow cooker. Top w/ onion & mushrooms.
2. Combine soup mix, water & mush soup. Pour over mushrooms
3. Cover and cook on low 6-8 hours

Serves 4

Fall In For a Winter-Ready Tune Up

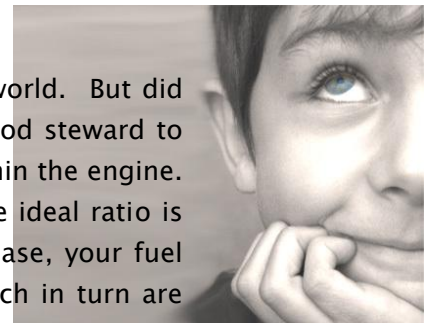


The kids are back at school, the leaves are falling and hot chocolate is on the stove. Although autumn weather can be quite pleasant, being from Minnesota, we all know that the white stuff is not far behind. Along with checking your shovel supply and ensuring your snow blower is working properly, you will want to make sure your vehicle is safe from Old Man Winter. Below are a few tips to get your vehicle winter-ready.

- Schedule your **oil changes** as recommended to avoid severe engine damage, and costly repair bills. Typically, your engine's oil should be changed every 3 months, or 3000 miles.
- Check and replace your **air filter**. A clean air filter not only protects your engine by keeping impurities out, it also may improve gas mileage.
- **Balancing & rotating your tires** periodically as well as ensuring proper tire pressure, is vital to vehicle maintenance. After all, your tires are the only things that separate you, your passengers, and your vehicle from the pavement!
- Check your **wipers** to make sure they can handle the rain, snow and slush.
- Restore your ride by replacing your vehicles' **struts**. Bad struts can cause dips when turning, make your vehicle more difficult to handle on rough roads, and reduce your tires' life.
- **Spark plugs and oxygen sensors** should be checked to ensure they are in good condition to maximize fuel efficiency,

Have you thought about your vehicles' fuel efficiency?

Fuel economy is important to most of us, especially in our uncertain financial world. But did you know that by maximizing your vehicles' fuel efficiency, you are being a good steward to the environment? Most vehicles operate when air and fuel mixture is ignited within the engine. The combustion provides the energy that operates and propels the vehicle. The ideal ratio is 14 parts air to 1 part fuel. When the fuel portion of the ratio begins to increase, your fuel economy becomes poorer, causing pollutants to enter the exhaust system, which in turn are emitted to the outside air.



Lights On For Safety – October 15th and 16th



Come into Doran King on October 15th & 16th for a complimentary inspection and replacement of most exterior vehicle light bulbs and headlamps.

Lights On For Safety, held in conjunction with the Car Care Council's Fall Car Care Month, was developed by AASP-MN (Alliance of Automotive Service Providers of Minnesota) to improve vehicle safety. Since its inception, *Lights On For Safety* has installed free bulbs in nearly 5700 vehicles.

Col. Mark Dunaski, chief of the Minnesota State Patrol, says that projects such as this improve safety on Minnesota roadways. "In addition to wearing seat belts, paying attention and driving at safe speeds, a safety step as simple as using your lights can minimize preventable tragedies on our road.

It's Apple Time!



Feel the cool autumn breeze on your cheeks. Hear the crunch of fresh fallen leaves under your feet. Smell the freshness of a new season. Itching for an autumn outing to enjoy all that the season has to offer? Apple orchards make a great autumn getaway. Take a drive into the country where apple orchards hang heavy with sweet, tart, crunchy, and delicious apples. Try one of these orchards:

Orchard	Where	Other Fruit	Other Activities
Afton Apple Orchard	95 & Cty Rd 21 in Hastings	Pumpkins, strawberries, Raspberries, squash, gourds	Playground, petting farm, hay rides, 12-acre corn maze
Sponsels MN Harvest Apple Orchard	Hwy 169 & Cty Rd 59 in Jordan	Pumpkins, peaches when available	Wagon rides, hiking trails, horseback riding, petting farm, pony rides, live music
Ammodts Apple Farm & Bakery	MN 36 and Manning in Stillwater	Mostly apples, but try the fresh baked apple pie - mmm!	Pony rides, kiddie trikes & tractor farm, hay bale maze, petting zoo, coloring contest
Applecrest Orchard	35E & Cty Rd 14 in Hugo	Pears & pumpkins	Go for the fruit!

What is Minnesota's most popular apple?



It's the *Honeycrisp*, of course. But, maybe not for long. The *Sweetango*, developed by the U of M Apple Breeding Program is expected to gain popularity this year. But, don't look for this apple at the orchards. Limited amounts will be available at select retailers such as Kowalskis, Lunds, Byerly's, and the University Apple House.

**STRUT IN DURING
OCTOBER FOR
FALL SAVINGS!**

**IF SUMMER TOOK A TOLL
ON YOUR VEHICLE'S
STRUTS, NOW IS THE TIME
TO REPLACE WITH OUR**

**"BUY 3 HYB STRUTS, GET
THE 4TH FREE" SPECIAL!**

A \$150 VALUE

**OFFER VALID DURING
THE MONTH OF
OCTOBER 2009**



Oils Well That Ends Well

- I got tired of looking at all those leaves in my yard, so I got up off the couch and went into action. I closed the curtains!
- A mechanic was removing the cylinder heads from the motor of a car when he spotted a famous heart surgeon in the shop. The mechanic shouted across the garage "Hello Doctor. Please come over her for a minute." The doctor, a bit surprised, walked over to the mechanic. The mechanic said "So, Doctor. I also open hearts, take valves out, grind them, put in new parts, and when I finish this will work like new. So, how come you get the big money, when we are doing basically the same work?" The doctor leaned over & said to the mechanic, "Try to do it when the engine is running!"

