

## 4 Reasons Regular Oil Changes Matter

### 1. Reduces Engine Wear

Engine oil creates a protective film between moving components, reducing friction and heat. As oil ages, contamination and additive depletion reduce its ability to protect critical engine parts.

### 2. Controls Sludge and Deposits

Combustion byproducts, moisture, and contaminants accumulate in engine oil over time. Regular oil and filter changes help prevent sludge and deposits that can restrict lubrication and accelerate wear.

### 3. Protects Modern Engine Components

Many modern engines rely on proper oil pressure and oil quality for variable valve timing systems, timing components, and turbochargers. Using the correct oil and maintaining proper service intervals is increasingly important.

### 4. Helps Prevent Expensive Engine Damage

Extended oil-change intervals can contribute to premature component wear, oil consumption, and lubrication-related failures. Routine oil service is a relatively small maintenance expense that can help protect one of the vehicle's most expensive systems.

Regular oil changes aren't simply about replacing dirty oil—they're preventive maintenance designed to protect engine performance, reliability, and service life.

## The Great Pumpkin Rescue

It was a chilly October morning at the auto repair shop. Caleb and Randall were busy fixing cars while Meghan and Kayla kept things running up front.

Suddenly—

**BANG! CLUNK! POP!**

An old pickup came bouncing into the parking lot, piled high with **PUMPKINS!** It sputtered one last time and died.

The driver jumped out. "HELP! These pumpkins have to be at the Fall Festival by NOON!"

Kayla checked the clock. **11:15.**

"Operation Pumpkin Rescue is officially underway!"

Caleb and Randall popped the hood and got to work. Meghan helped the worried driver while Kayla kept an eye on the clock.

Then—**CRASH!**

The tailgate flew open! Pumpkins rolled **EVERYWHERE!** Meghan chased one toward the road. Kayla caught another before it rolled into the office. Caleb grabbed one rolling through the shop while Randall rescued a tiny

pumpkin from underneath a car.

For a few minutes, the auto shop had turned into a **pumpkin rodeo!** Finally, every pumpkin was back in the truck. "Eight minutes!" Kayla yelled. Randall tightened the last bolt. Caleb turned the key.

**Rrrrr... rrrrr...**

Nothing!

He tried again.

**VROOOOOOM!**

"YES!" everyone shouted.

The truck raced off and made it to the Fall Festival just in time. Later, the driver returned with four caramel apples and one enormous pumpkin.

"For the team that saved the Fall Festival!"

Caleb grinned. "See? We're heroes."

Randall laughed. "We fix cars."

Meghan added, "And apparently chase pumpkins." Kayla raised her caramel apple.

"Same thing."

**THE END!**



Heartland Auto Repair Inc.

124 N MINE LA MOTTE AVE  
FREDERICKTOWN, MO 63645  
HEARTLANDAUTOFREDMO.COM  
**573-783-5403**

## Customer Reviews

"Very attentive and efficient. Honest business that cares for their customers. Going back all the time now."  
- Kaiden K

*Customer of the Month*  
**Bill and Angela Knight**  
*Thank You!*

We Install



**3 Years / 100,000 Miles**  
**Parts & Labor**

## Oil Change Special

**\$47.99**  
Standard 5w-30 | 5 qts

**\$67.99**  
Full Synthetic | 5 qts



Additional fees will apply for special oils and any oil over 5 quarts. Oil change includes standard oil filter, upgrades will be additional charge. Expires 11/30/26.



Heartland Auto Repair Inc.

## Client Newsletter

**OCTOBER 2026**

## MANAGER'S MINUTE

Fall is officially here, and while we're all enjoying the cooler temperatures, it's also a good reminder that winter isn't too far behind. October is a great time to make sure your vehicle is ready before the first really cold morning arrives. Batteries that seemed perfectly fine all summer can struggle once temperatures drop, tire pressure changes with the weather, and worn wipers suddenly become a much bigger problem when you're dealing with rain, frost, or snow.

Our advice this month is simple: don't wait for a problem to leave you stranded. If something has been making a noise, a warning light has popped up, or you've been putting off routine maintenance, now is the time to have it checked.

At Heartland Auto Repair, our goal is not just to fix your vehicle when something breaks. We want to help you understand what it needs, what can wait, and what should be taken care of now so you can make the best decision for your vehicle and your budget.

Thank you for continuing to trust our team. We appreciate every customer who walks through our doors, recommends us to a friend, or simply gives us the opportunity to keep you safely on the road.

Have a great October, and enjoy the fall weather!

— *The Heartland Auto Repair Team*



# Verse of the Month



Romans 8:37-39

37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

## Bonus Savings

**\$25 OFF\*** **\$50 OFF\*** **\$100 OFF\***

Maintenance or service repair of \$250 or more

Maintenance or service repair of \$500 or more

Maintenance or service repair of \$1000 or more

Cannot be combined with any other offer. See shop manager for details. Expires 11/30/26.

## Fall Special

**\$10 OFF**

### ANY Recommended Service

Get a free Digital Vehicle Inspection with every service and get \$10 off any recommended service when scheduled SAME DAY. Must be within 30 days of original appointment. Expires 11/30/26.



## Fall Maintenance Checklist

### STEP 1: Grab the owner's manual and recent service receipts.

If your vehicle is due, or near due, for service, schedule it now.

### STEP 2: With the car parked on level ground, check under the hood.

The owner's manual will explain how to check fluids, belts and hoses. Inspect the car battery (if it's accessible), and make sure the connections are clean and tight.

### STEP 3: If the battery is more than 3 years old, have it tested.

Cold weather reduces your battery's capacity and makes it work harder to start. Let us test your battery or change it if it is more than 3 years old.

### STEP 4: Check windshield wipers and all lights.

Replace cracked or peeling wiper blades. If the blades look fine, clean them with rubbing alcohol. Run the wipers and windshield-washer fluid to check for smooth, streak-free results. All vehicle lighting should be clear and bright. Lens cleaners may be needed to restore older lenses. Bulbs lose brightness with age. You don't need to wait for a bulb to burn out before replacing it. Vehicle lights work overtime during winter's dark days.

### STEP 5: Inspect all four tires and the spare.

Check tire inflation as well as tread wear. If the tires are dry and cracked, have them checked out for dry rot. If you rely on all-season tires, fall is the best time to replace tires. Without deep tread grooves on the tires, winter driving can turn into a dangerous game of slip and slide. If you're in need of new tires, use your AAA membership to receive savings at your local Discount Tire.

### STEP 6: Check the front and rear defrosters.

With the engine at normal operating temperature, make sure defrosters are working correctly. Defroster operation is just as important as lighting and wipers for winter driving visibility.

## Cinnamon Swirl Pumpkin Bread Mini Loaves

This small batch pumpkin bread recipe has earned its spot as the most popular recipe on the blog! The mini loaves are packed with deep pumpkin flavor, a texture that stays moist for days, an abundance of fall spices, and a cinnamon swirl top that bakes into a sweet crunch. The bread is easily made in a variety of sizes - mini loaf pans, single-serve loaves, muffins, or one large loaf.

- INGREDIENTS:**
- 2 1/4 cups all-purpose flour
  - 1 1/2 cups pumpkin puree
  - 1/2 cup granulated sugar
  - 1/3 cup brown sugar
  - 1 tsp pumpkin pie spice powder
  - 1 large egg (room temperature)
  - 1 1/2 tsp cinnamon powder
  - 1 tsp vanilla extract
  - 1/2 tsp baking soda
  - 1/2 tsp salt
  - 1/2 cup unsalted butter (melted)
  - some granulated sugar (to roll and coat the cookies with)



### DIRECTIONS

1. Add all-purpose flour, pumpkin pie spice powder, cinnamon powder, salt, and baking soda in a bowl and mix well using a spoon. Set aside.
2. Add granulated sugar, brown sugar, melted butter, egg, pumpkin puree, and vanilla extract into a stand mixer bowl. Mix for 1 minute until everything is well incorporated using a paddle attachment.
3. Add the dry ingredients mixture into the bowl, and mix just until everything is well combined.
4. Chill the dough in the fridge for 30 minutes, uncovered. The dough will be more manageable. Using a 1.5 tbsp ice cream scoop, scoop the dough, gently roll it into a ball, and coat it in sugar (optional but highly recommended!). Place the balls on a baking tray lined with parchment paper, with 2 inches of space in between.
5. Bake in a preheated oven at 350°F (175°C), on the middle rack, using the top and bottom heat for 8 minutes. Remove the tray from the oven and bang it against the kitchen counter 4-5 times to flatten the cookies.
6. Continue baking for another 3 minutes and give another 4-5 bangs as soon as they're out of the oven. Leave for 5 minutes before transferring them to a cooling rack to cool completely. Enjoy!

**Notes:** Chilling the dough for 30 minutes is crucial for achieving the perfect chewy texture. This rest period allows the flour to fully hydrate, resulting in a more manageable dough and enhancing the development of gluten, which contributes to that delightful chewiness we all love in cookies.