

THE BEGINNING OF AMERICAN FOOTBALL



American football has its roots in various forms of football played in the 19th century in the United States and England. Here are some key points about its early beginnings:

- **Origins:** The sport evolved from rugby and soccer, with the first game resembling modern football played at Princeton University in 1869.
- **First Rules:** The first set of standardized rules was established in 1876 by the Intercollegiate Football Association, which included teams from Harvard, Yale, Princeton, and Columbia.
- **Walter Camp:** Known as the "Father of American Football," Camp played a significant role in shaping the game's rules, including the introduction of the line of scrimmage and the concept of downs.
- **Growth:** The sport gained popularity in the late 1800s and early 1900s, leading to the formation of professional leagues, which eventually culminated in the establishment of the National Football League (NFL) in 1920.

CRISPY HONEY SHRIMP RECIPE



- | | |
|---|-----------------------------|
| • 1 pound large shrimp, peeled and deveined | • For the Honey Sauce: |
| • 1 cup cornstarch | • 1/2 cup honey |
| • 2 eggs, beaten | • 1/4 cup soy sauce |
| • 1 cup panko breadcrumbs | • 1 tablespoon rice vinegar |
| • Oil for frying | • 1 teaspoon garlic powder |
| | • 1 teaspoon sesame oil |

DIRECTIONS

1. Prepare the Shrimp: Rinse the shrimp and pat them dry with paper towels.
2. Breading Process:
 - Dredge each shrimp in cornstarch, shaking off excess.
 - Dip into the beaten eggs, then coat with panko breadcrumbs.
3. Fry the Shrimp:
 - Heat oil in a deep pan over medium heat. Fry the shrimp in batches until golden brown and crispy, about 2-3 minutes per side. Remove and drain on paper towels.
4. Make the Honey Sauce:
 - In a small saucepan, combine honey, soy sauce, rice vinegar, garlic powder, and sesame oil. Heat over low heat until warmed.
5. Coat the Shrimp: Toss the crispy shrimp in the honey sauce until well coated.
6. Serve: Enjoy your crispy honey shrimp with rice or as a delicious appetizer!

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- Grace R., John C., Tim S., John H.,
Denny C., Michael P., Leo F. & Dan H.

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SEPTEMBER MAINTENANCE TIPS

1. **Check Your Tires:** As temperatures drop, tire pressure can decrease. Ensure your tires are properly inflated and check for any signs of wear.
2. **Fluid Levels:** Check your engine oil, coolant, brake fluid, and windshield wiper fluid. Maintaining proper levels is crucial for your vehicle's performance.
3. **Battery Check:** Cold weather can be tough on batteries. Have yours tested to avoid any surprises as the temperatures drop.
4. **Wiper Blades:** With rainy autumn days ahead, ensure your wiper blades are in good condition for clear visibility.

Thank you for trusting us with your vehicle.
We look forward to serving you this September!



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LABOR DAY WORD SEARCH

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R Q T J Q D G E Y W I U F E D P K S R B
D X C E L E B R A T I O N K R C E E Y M
N L C Z A E S A L N X R A E W V L P G C
T Y Y P A R A D E T E G C Y R A L Q B B
S X S T H F M Z N H O I S A X U B J M F
E N H J V C S I T E A T H A B E J B T M
R M H N I O C E U T M P T K J D V X Q Q
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N B C H A O E O Y H O F A M I L Y M P Y
V I A W T B N O C N F J O E H D G I A R
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L A B O R Y G E W N O G W N Z N N G R G
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H N O I N U O W O R K E R S O E S D D T
N S O H R W P L G L A Y D K X Q B E Y S

DIRECTIONS: Find and circle the keywords in the grid.
Look for them in all directions, including backwards and diagonally.

LABOR	FREEDOM	REST	BARBECUE
CELEBRATION	RELAXATION	TOGETHERNESS	PARADE
FAMILY	WORKERS	RIGHTS	COMMUNITY
WEEKEND	HOLIDAY	FUN	BBQ
APPRECIATION	PICNIC	UNION	HARVEST

LABOR DAY SPOTLIGHT

Labor Day, celebrated on the first Monday of September, honors the contributions and achievements of American workers. It's a time to recognize the hard work that goes into maintaining our economy and communities.

Labor Day Vehicle Safety Tips:

- **Plan Your Travels:** If you're hitting the road for the long weekend, ensure your vehicle is road-ready. Schedule a checkup if needed.
- **Stay Alert:** With increased travel, be cautious of other drivers and pedestrians on the road.
- **Enjoy the Holiday:** Whether you're grilling in the backyard or enjoying a family outing, have a safe and relaxing Labor Day!



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SEPTEMBER 2026 CLIENT NEWSLETTER



MANAGER'S MINUTE

As I was pondering what I wanted to say in this month's Mark's Minute, I did some looking online. While most everyone relates September to Labor Day and the ending of summer, I was amazed at how many different special days there is in September. From American Chess Day on the 1st to National Love People Day on the 30th. Throw in National Cheese Pizza Day on the 5th, Patriot Day on the 11th, Talk Like a Pirate Day on the 19th and National Pancake Day on the 26th, there is practically a day commemorating just about anything you can think of.

The main thing is that no matter what day it is, we will be here to help you in case you need us. We have been serving the Bellevue community for over 51 years and do not plan on going anywhere anytime soon. If you do happen to need any type of automotive repair or maintenance, just call us and we will do our very best to get you taken care of.

On a side note, we held our 13th Annual "Golf for Vets" Outing in August. While final numbers are not ready, it is looking like we were able to raise around \$26,000 to split between the Eastern Nebraska Veterans Home and the Disabled American Veterans Chapter 47.

THANK YOU to all of our sponsors, volunteers, and golfers that helped us put this event on again!

See you soon! - Mark