

NATIONAL PHYSICAL FITNESS & SPORTS MONTH!



- | | | | | | |
|-----------|-------------|---------------|-----------|------------|------------|
| ARCHERY | FENCING | LACROSSE | SUMO | BASKETBALL | GYMNASTICS |
| ATHLETICS | FOOTBALL | POLO | SURFING | BOXING | HANDBALL |
| BADMINTON | FORMULA ONE | RUGBY | SWIMMING | JUDO | HOCKEY |
| BASEBALL | GOLF | SAILING | TAEKWONDO | SOFTBALL | SOCCER |
| TENNIS | VOLLEYBALL | WEIGHTLIFTING | WRESTLING | | |
| SKIING | | | | | |

May 2021

About May...

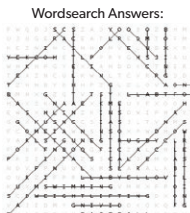
The month of May was named for the Greek goddess Maia. She was the goddess of fertility. The Romans called the month Maius. The name changed over the years & was first called May in the 1400's near the end of the Middle Ages.

May Days & Dates

- 1st - May Day
- 1st - Kentucky Derby Day
- 4th - National Teacher Day
- 5th - Cinco de Mayo
- 6th - National Day of Prayer
- 9th - Mother's Day
- 12th - International Nurses Day
- 15th - Armed Forces Day
- 31st - Memorial Day

May Is...

- ✓ National Barbecue Month
- ✓ National Bike Month
- ✓ National Physical Fitness & Sports Month
- ✓ Older Americans Month



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- ☀️ Test Overall System Cooling & Operation
- ☀️ Inspect Hoses & Connections
- ☀️ Check Fan and Blower Operation
- ☀️ Check Drive Belts & Hoses
- ☀️ Check Temperature Output

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MAY 2021
Client Newsletter

Manager's Minute

Summer is almost here. St. Louis Cardinal's are playing. Indy 500 is upon us. Memorial Day, the day we honor our military service members who gave the ultimate sacrifice, is at the end of the month. And we celebrate our Mom's on Mother's Day. I know I'm personally excited about consistent warmer weather and grilling for dinner. I'll be spending lots of time outside with grandkids.

Happy Mother's Day to all our Mom's and those who have stood in our Mother's shoes to support us!

Michelle

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OFFER EXPIRES MAY 31, 2021

TOP 10 MOST COMMON VEHICLE REPAIRS

Changing the oil & oil filter, replacing wiper blades & air filters, & scheduled maintenance top the list of the 10 Most Common Vehicle Repairs. According to research conducted by IMR Inc., an industry leader in automotive research, the top 10 vehicle repairs performed by vehicle owners & their trusted repair shops are:

- Oil/Oil Filter Changed
- Wiper Blades Replacement
- Replace Air Filter
- Scheduled Maintenance
- New Tires
- Battery Replacement
- Brake Work
- Antifreeze Added
- Engine Tune-Up
- Wheels Aligned/Balanced



"We thank IMR for sharing this important & informative data with the Car Care Council," said Rich White, Executive Director of the non-profit Car Care Council. "With scheduled maintenance toward the top of the list, these findings are a sign that more motorists understand the importance of routine vehicle maintenance & are taking steps to ensure the safety & dependability of their vehicles." The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

For a copy of the council's Car Care Guide or for more information, visit www.carcare.org.

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MAY 6TH - THE NATIONAL DAY OF PRAYER

An annual day of observance held on the first Thursday of May, designated by the United States Congress, when people are asked "to turn to God in prayer and meditation". The president is required by law to sign a proclamation each year, encouraging all Americans to pray on this day.

The modern law formalizing its annual observance was enacted in 1952, although earlier days of fasting and prayer had been established by the Second Continental Congress from 1775 until 1783, and by President John Adams in 1798 and 1799.

The constitutionality of the National Day of Prayer was unsuccessfully challenged in court by the Freedom From Religion Foundation after their first attempt was unanimously dismissed by a federal appellate court in April 2011.

So, regardless of your beliefs, why not say a prayer of thanks for all the blessings we do have, especially in today's trying times?

MAY 12TH - NURSE'S DAY!

Organized annually by the International Council of Nurses (ICN), International Nurses Day celebrates the contribution that nurses make to societies around the world. The date of May 12th has strong significance, being the birthday of perhaps the world's most famous nurse, Florence Nightingale. Alongside the encouragement of fully deserved congratulations owed to nurses, the organization also produces an International Nurses Day Kit to educate and assist health workers around the world, with a different theme each year. The ICN has chosen the theme "Nurses: A Voice to Lead – a Vision For Future Healthcare" for International Nurses Day 2021! For more info visit www.icn.ch.

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MAY 9TH - MOTHER'S DAY

Mother's Day is observed in different forms throughout the world, & Mother's Day 2019 occurs on Sunday, May 9, in the United States. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 & became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization & spent the latter part of her life trying to remove it from the calendar. While dates & celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards & other gifts.

DID YOU KNOW?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent!

MAY IS NATIONAL BARBECUE MONTH!

Sweet & Spicy Barbecue Sauce

• 1 medium onion, chopped	• 1/3 cup molasses
• 1 tablespoon canola oil	• 2 tablespoons cider vinegar
• 1 garlic clove, minced	• 2 tablespoons Worcestershire sauce
• 1/4 teaspoon cayenne pepper	• 2 tablespoons spicy brown mustard
• 1/4 teaspoon coarsely ground pepper	• 1/2 teaspoon hot pepper sauce
• 1 cup ketchup	

Directions

1. In a large saucepan, saute onion in oil until tender. Add garlic; cook 1 minute. Stir in the chili powder, cayenne & pepper; cook 1 minute longer.
2. Stir in the ketchup, molasses, vinegar, Worcestershire sauce, mustard & pepper sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 30-40 minutes or until sauce reaches desired consistency. Cool for 15 minutes.
3. Strain sauce through a fine mesh strainer over a large bowl, discarding vegetables & seasonings. Store in an airtight container in the refrigerator for up to 1 month. Use as a basting sauce for grilled meats.

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