



RACE FOR THE CURE

It's almost that time again. Race for the cure is October 17th and again we will be sponsoring an American Pie Pizza team. Sign up at www.komenarkansas.org. Click on Register, than Join a Team, search for American Pie Pizza. The password is 2livefree. If you sign up before Sept. 30th, we will give you a free special edition Race for the Cure/American Pie Pizza T-shirt. We'll also be participating in "Put a Fork in It". Anyone who come in that day with their race shirts on, will have 10% of their ticket total donated to the Susan G Komen foundation. We'll be opening at 10:00 that morning, so come on out after the race. So, whether you sign up with us or with someone else or as an individual, I encourage you to enter this race. It's for a great cause and has helped many friends of mine. It is also an experience that you cannot describe, unless you've participated. I look forward to seeing you at the race.

Labor Day: What's it all about?

Labor Day is more than one last chance to fire up the grill before the end of summer. It's a yearly celebration of the American worker, a tribute to labor's contribution to the economic and social well-being of the United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Some say the idea of Labor Day originated in 1882 with Peter J. McGuire, a co-founder of the American Federation of Labor. Others claim that a machinist named Matthew Maguire proposed the celebration while serving as secretary of the Central Labor Union in New York. There's little dispute that the first Labor Day parade was held on September 5, 1882, when 10,000 workers in New York City marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to recognize Labor Day officially was Oregon, in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.



\$2.00 Tuesday

Join us on Tuesdays (after 4), and get \$2.00 off your Large Pizza and \$2.00 Draft beer.

BONUS.. Bring in this certificate and when ordering your \$2.00 Tuesday meal you will get **DOUBLE** Royalty Rewards™ Points!!

No valid with any other offer or discount.

WHAT OUR CUSTOMERS ARE SAYING ABOUT AMERICAN PIE.....

American Pie is always great!!! I never have to worry about anything at American Pie. SUPERB!!!! - Karen Glover
 Our children love American Pie Pizza. it is their first choice when we ask them where they want to eat. I appreciate that it is laid back and very family friendly. - Tara Walker
 The whole experience was great, especially our pizzas!! - Patty Smith

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American Pie Pizza

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Rock... Paper... Scissors...



rock.. paper... scissors.

You Could Get ½ OFF Your Pizza

(Up to \$7.00. Not valid with any other discounts)

FREE PIZZA!

Each month we'll give you a new trivia question. Bring in your entry, or fill one out while you are here. The first one drawn at the end of the month with the correct answers will win a FREE Pizza valued up to \$15.00.

Here is this month's trivia question: Which model of Chevrolet car was a distinct non-seller in Puerto Rico and other Spanish speaking locations, because the name of the car model implied that it would not go. What was it?

- A. Corvette
- B. Nova
- C. Camaro
- D. Impala

The first 10 people to answer correctly will be in the draw to WIN! Congratulations Greg Schaffer of NLR who answered last month's trivia question correctly and will receive a FREE Pizza, he knew that Gigantic watermelons can tip the scales at more than 250 pounds.

Name: _____

Email: _____

Address: _____

City, State, Zip: _____

Phone: _____

Birthday: Month _____ Day: _____

My answer: _____



Football Season is Coming!

That's right, are you ready for some football? Well we're ready to watch the Razorbacks play, and rumor has it that most of our games will be on some form of ESPN. That means we'll be watching the Razorbacks every Sunday at American Pie. To make the game even more fun, during the game we'll have beer and appetizer specials, but you must be wearing your Razorback shirt to get the discount. So come on out and "CALL THE HOGS" with us. It'll be fun for the whole family.



Your Mother was Right: Eat Your Broccoli!

A scientific study has found that eating 2 ounces of broccoli sprouts a day can protect the stomach against a bacterium that's linked to stomach cancer, as well as to ulcers and gastritis. The bacterium is called H. pylori, and the sprouts supply a biochemical called sulforaphane, which can stimulate a body's protective enzymes. Researchers point out that they don't have absolute proof that broccoli sprouts cure gastrointestinal diseases, or prevent stomach cancer—but eating more vegetables in general can't hurt.

VOTE NOW!!!!

We have all the entries turned in for our vacation contest, now it's your turn to vote and let us know who is the winner. Go to our Facebook page. The easiest way to get there is to go to our web page, www.americanpiepizza.net and click on the link for Facebook. Then vote, by comment, your favorite vacation picture. The winner will receive dinner for 4 and a Nikon digital camera. Vote as many times as you like, but it all ends on Sept. 20th with the winner being announced Monday September 21st. Good Luck everybody.

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A Fall Maintenance Checklist

Cold and freezing weather take their toll on houses. Here's a checklist for homeowners of fall maintenance tasks to reduce wear and tear:

- ❖ Clean the gutters.
- ❖ Have the furnace checked and serviced.
- ❖ Clean or replace humidifiers and clean vents.
- ❖ Check exterior caulking and paint to see if touch-ups are necessary.
- ❖ Winterize your air conditioner.
- ❖ Check fences and gates and make any necessary repairs; lubricate hardware to prevent rusting.
- ❖ Remove garden hoses and store them; turn off the outdoor water supply.

UPCOMING EVENTS

I know this is a busy time of the year, so wanted to let you know about a few upcoming events to mark on your calendar:

October – Come out and see the Giant Pumpkins at the restaurants. Be sure and get in your guess for a great prize.

October 17th – Race for the Cure – Join a team and get out there for a great time.

November 30th – Fundraiser for Youth Home, Inc. – This will be a big event for Youth Home, so come out and help us support a great group.

December – Bonus Gift Certificates – Receive bonus certificates, when buying gift certificates – It's a great way to reward yourself for buying such a great gift.

HIGH SCHOOL FOOTBALL

It's finally here. Cooler weather, a great game, fun with your friends. After the game, come and see us at American Pie. We'll have you a hot pizza ready to go, or stay and visit with your friends.

MONDAY

“FUN”DRAISERS

Yes, Monday night Fundraisers are back. Get ready to come and join in the fun. We have a magician at each store, kid's get to make their own pizza, and best of all, you get to help raise money for your group or organization. Each Monday we have a different group highlighted. 10% of your ticket will go directly back to that group for their worthy projects.

If your group is not signed up, please contact Melody or Tamsye and we'll help you pick out a perfect Monday night that will be great for you.

Not valid with any other offers. Only non-discounted tickets will be counted towards 10% back to the group.



Tea time! It's good for you

Drinking three cups of tea a day can have important health benefits, according to doctors and researchers. Among its potential advantages, tea may help in these areas:

- **Cancer.** Tea, especially the green variety, has been shown in some studies to be linked to a decreased risk of breast cancer, as well as prostate and other cancers. It seems to stimulate the production of certain enzymes that detoxify carcinogens and reduce inflammation.
- **Obesity.** Some studies with animals have suggested that green tea and oolong tea may contribute to better weight management. The caffeine in tea might boost the body's metabolism and help the body burn off calories from fat.
- **Brain activity.** Green tea (again!) may help prevent cognitive impairment among older people, as suggested by some epidemiological studies.
- **Heart disease.** Antioxidants in tea can help the body better regulate its insulin production, which can aid in preventing diabetes and heart disease. In addition, tea can reduce risk factors such as high blood pressure and high cholesterol.

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