

Ten's Perspective

2024



S U B L I M E
S E P T E M B E R

Sublime September

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A B O U T T H I S M A G A Z I N E

As we transition into September, a month that beckons us with the promise of cooler weather and the cozy embrace of fall, we have much to celebrate and reflect upon. This issue of Jen's Perspective is packed with vibrant content that honors the diversity of our traditions, passions, and simple pleasures.

In celebration of Hispanic Heritage Month, we explore the rich cultural contributions that have shaped our world, from music and art to cuisine and traditions that span generations. September also marks Fall Hat Month, a perfect time to pull out those stylish hats that define the season, and with National Scarf Day on the horizon, there's no better excuse to accessorize with flair.

Our September Birthstone, the magnificent sapphire, reminds us of the deep and enduring beauty that this month brings, much like the crisp air and changing leaves. As we recognize National Piano Month, we'll delve into the timeless appeal of this instrument, celebrating its influence across genres and generations.

This September, we also observe Intergeneration Month, fostering connections across ages, and honor the bravery of those who protect and serve with National Patriot Day on 9/11. For cat lovers, we've dedicated a special section to Ginger Cat Appreciation Day, celebrating our fiery-furred feline friends. National Brave Day celebrates the practice of women uplifting women.

For those who love a good story, National Read A Book Day invites us to curl up with a great novel, while Star Trek Day offers a chance to revisit the voyages of the starship Enterprise. We've also put together a list of movies perfect for those cozy nights as the weather turns cooler.

Foodies will appreciate our feature on Better Breakfast Month, complete with delicious ideas to start your day right. And don't miss out on Sourdough September we've got tips and recipes to perfect your sourdough game. Speaking of food, try our White Chicken Chili recipe for a warm, hearty meal, or whip up ****Mom's Pork Roast Dinner**** for a taste of home.

In this issue, we're also indulging in some musical nostalgia with National One-Hit Wonder Day and celebrating the joy of simple pleasures with National Quesadilla Day.

As September unfolds, we invite you to enjoy all the season has to offer—whether it's through cultural reflection, culinary exploration, or simply savoring the beauty of a well-spent day.

Here's to a Sublime September!

Sublime September will feature both content and Affiliate links. At this time those spaces will be used for both Affiliate programs and paid advertising space. I refuse to compromise the content provided so individual pages and spaces will be added as per needs.

Jennifer Langholff

Hispanic American Heritage Month

September 2024



Explore More...

Scottish-American Heritage

Caribbean American Heritage

Asian American and Pacific Islander Heritage

Gathering of Nations

Black History Month

African World Heritage

Italian-American Heritage

Jewish American Heritage Month

Irish American Heritage

Native American Heritage

Korean American Day

Filipino American History Month

Beginning on September 15, and continuing through to October 15, we recognize National Hispanic Heritage Month. During the four weeks, celebrations honor the heritage and contributions made by members of the Hispanic community. President Lyndon Johnson first declared Hispanic Heritage Week in September of 1968. Years later, in 1988, U.S. Rep. Esteban Torres (D-California) introduced legislation to expand Hispanic Heritage Week into a full month. Festivities begin on September 15, marking the anniversary of independence for the Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Each year, with great fanfare, celebrations sweep across Latin America, Central American, and on into Mexico and Chile commemorating each country's independence from week to week!

As of 2016, the Hispanic population has grown to nearly 57 million people in the United States. Amazingly, Hispanic people contribute to two-thirds of the residents, with that number increasing every day. Furthermore, an estimated 27 million Hispanics were eligible to vote that same year, proving people of Hispanic heritage are a thriving part of society. As the Hispanic population continues to grow in strides, more opportunity presents itself to embrace the rich culture and vast history they provide. From coast to coast, we celebrate Hispanic heritage every day in mainstream society. It's not only reflecting our cultural differences; it's adding a different perspective to our lives for us to enjoy.

Hispanic people across the country contribute to society in unprecedented ways. Historically, Alberto Gonzales is credited as being the first Hispanic U.S. Attorney General, while Mel Martinez is considered the first Cuban-American U.S. Senator. Currently, and politically, Ted Cruz and Marco Rubio, both members of the Hispanic community, are members of the U.S. Senate. Sonia Sotomayor is the first Hispanic to sit as a U.S. Supreme Court Justice. Undeniably, representation from the Hispanic community is found in schools, public office, medical, fashion, as well as every aspect of business.

In addition, pop culture contributions by the Hispanic community flourishes thanks to many talented artists, such as Salma Hayek, George Lopez, Carlos Santana, and Jennifer Lopez. Finally, we need to give credit to the countless tasty Hispanic recipes found across the nation. Hispanic food has increasingly become a part of mainstream Americana. We relish the flavor and spice deeply infused into the traditions. Dishes ranging from tacos and tamales to Cuban sandwiches, nachos, Tres leches cake, family taco night, tequila, and Mojitos, entice us to enjoy the Hispanic heritage, one bite at a time.

Fall Hat Month

Fall is here, and it's getting colder, so it's time to break out the headgear. It's Fall Hat Month! During Fall Hat Month, switch out of the cool-weather head protection and into stylish felt and fabric styles.

Hats were probably one of the first items of clothing found among primitive humankind. In ancient times, hats were considered a symbol of rank and status. Sculptures of Egypt, drawings of ancient China, and coins of early Greece and Rome depicted prominent individuals wearing hats, which was more than likely an indication of where they were on the hierarchy.

By the seventeenth century, hats had become a worldly attire. Interestingly, hats were available in the new world, but supplies like beaver were exported to Europe due to popularity. Strangely, wearing a straw hat after September 15 in 1920 America would get you mugged.

Hats have played an impressive role in human history. Presumably, U.S. President William Henry Harrison died shortly after his inaugural address because he refused to wear a cap on that cold, nasty day. A month later he was dead of pneumonia. Hats are still a good idea to wear in cold or stormy weather. It never hurts to have an extra layer of protection during the winter months!



NATIONAL FALL HAT MONTH HISTORY

Hats have been enjoyed since the beginning of time, even making their way into songs. Rock 'n' roll pioneer Gene Vincent ("Be Bop A-Lula") named his backup band the "Blue Caps" after the blue flat caps President Dwight Eisenhower wore while golfing. The most notably known hat is referred to as "Newsboy caps," which has enjoyed a resurgence in the U.S. and Europe. This hat style is now popular for both men and women. Avid hat wearers call them "cabbie hats," or more formally, "flat caps."

Headwear Information Bureau originally sponsored Fall Hat Month reminding the public that as the seasons change, felt and fabric hats better protect our heads for the weather. They also fit the styles for the season.

Fall for Hats



Tap to Shop More

SEPTEMBER BIRTHSTONE SAPPHIRE

September's birthstone, the sapphire, is a gemstone that has fascinated humanity for centuries with its stunning beauty and profound symbolism. Typically known for its rich blue hue, sapphires actually come in a variety of colors, from pink to yellow and even colorless, though the deep blue variety remains the most iconic. The name "sapphire" comes from the Greek word "sappheiros," which means "blue stone," a fitting moniker for a gem so intimately tied to the color. Beyond its visual appeal, the sapphire is believed to represent wisdom, loyalty, and nobility—qualities that have made it a favorite among royalty and common folk alike throughout history.

The allure of sapphires has transcended cultures and time, earning a revered place in both ancient lore and modern jewelry. In ancient Persia, it was believed that the earth rested on a giant sapphire, and its reflection gave the sky its blue color. In the Middle Ages, clergy wore sapphires to symbolize Heaven, while royalty favored the gemstone as a defense against envy and harm. Sapphires have long been associated with purity and chastity, often serving as a popular choice for engagement rings. This enduring connection to spiritual and moral virtues makes sapphire not just a decorative stone, but a symbol of deeper values.



Perhaps the most famous sapphire in modern times is the one set in Princess Diana's engagement ring, now worn by Catherine, Princess of Wales. This iconic ring features a 12-carat oval blue Ceylon sapphire surrounded by 14 solitaire diamonds, set in white gold. When Prince Charles proposed to Lady Diana Spencer in 1981, this choice of a non-diamond engagement ring was seen as unconventional, yet it has since become one of the most recognizable and beloved pieces of jewelry in the world, symbolizing both romantic love and royal heritage.

Sapphires continue to captivate the hearts of those who seek beauty, tradition, and meaning in their adornments. Whether set in a regal crown, a museum display, or a cherished personal piece, the sapphire's deep connection to history and human emotion makes it a gemstone like no other.

For those born in September, wearing a sapphire is not only a celebration of their birth month but also a connection to a gemstone that has been treasured across cultures and eras for its unmatched beauty and symbolism.

SEPTEMBER BIRTHSTONE SAPPHIRE



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National Piano Month

All during September, we take time to honor everything piano. It's National Piano Month! The entire month pays tribute to pianists everywhere, piano makers, and those who enjoy piano music.

Bartolomeo Cristofori is given credit for inventing the first piano in Padua, Italy, around 1700. At the time, Cristofori's employment with the Florentine Court of the Grand Prince Ferdinando de Medici put him in charge of a large collection of the Prince's musical instruments, including his harpsichords. During this time, Cristofori's interest in stringed instruments led him to the development of the piano. Cristofori's early piano designs were a testament to technological evolution in keyboard instruments of the times. At the height of the Industrial Revolution, composers and pianists like Mozart found a passion and eagerness for a more powerful and sustainable piano sound. As expected, the piano underwent tremendous changes during the 1790s to the 1860s, leading to the modern form of the piano.

Piano Types

Piano experts and enthusiasts identify four basic types of pianos—the Spinet, Console, Studio, and Grande. The Spinet piano is the smallest of all piano types, while the Grande is the largest. Though all pianos are upright pianos, piano experts agree each piano style has its own distinct and identifiable sound.

While are the smallest, Spinet pianos have a large number of working parts and are characterized as being dropped action pianos. Dropped action refers to the hammer-like striking action to strike the keys. Similar to its relative, the Console piano is closest to the Spinet piano in size. Furthermore, pianists, use the same play the Spinet piano as they do for the Console piano.

Studio pianos are taller than both the Spinet and Console pianos, respectively. The Studio piano also offers a richer tone than the two. However, the Studio piano has a different feel in comparison to a Spinet or Console piano. Finally, Grande pianos are the tallest and largest of all pianos. Like Studio pianos, Grande pianos are full of rich sounds carried carefully within the cabinet to emit a beautiful sound. In addition, Grande pianos are known to be the most beautiful and durable of all four pianos. Notably, when properly cared for, Grande pianos will last generations, making them a timeless heirloom.

Other types of pianos found today are more specialized and fall into their own category. Furthermore, pianists commonly use these types of pianos in contemporary music. Electric pianos are electro-mechanical designs, and the synthesized piano-like tones use oscillators and digital samples of acoustic piano sounds.

My husband is a professional musician. While we cannot fit a piano in our living room, his Yamaha is not the kind of keyboard you find in a big box or even lots of music stores. He still performs in local venues. While it looks like a piano and indeed sounds like it, he tickles, jazz, soul, big band, and easy listening out of it with years of knowledge and practice. Make sure you check out the samples on his website.

INTERGENERATION MONTH



Intergeneration Month is an annual designation observed in September.

Setting aside time for family in today's world is challenging, but spending time with family both young and old sets a positive message as children, grandchildren and so on see the examples of family. As they age into adulthood they will use that foundation.

They will draw on the experiences they had and build more in the generations to come. Communication passed down through generations tells of our past and prepares us for the future. In our family love is given unconditionally and I'm so glad it was. Many of my peers were not as lucky. I wouldn't change places with anyone. Not for all the riches in the world.

In 1987, Fountain Institute, a 501(c)(3) non-profit organization, with a Board of Trustees, was formed by Sandy Kraemer, a Colorado Springs attorney, to research intergenerational issues. The resulting research identified the need to set aside a time each year to focus on intentionally connecting generations to better communicate age-related gratitude and needs.

To fulfill this need, in the year 2000, Fountain Institute changed its name to "Intergeneration Foundation" and launched "Intergeneration Day" worldwide, the first Sunday in October (later designated September). The research proved overwhelmingly correct, as 42 state governors proclaimed Intergeneration Day, plus scores of organizations including American Library Association, American Association of Museums, American Council of Life Insurers, National Easter Seals, Centura Health, Microsoft Corporation, Stanford University Center on Longevity, plus innumerable community organizations and families.

While support for Intergeneration Day has verified the need to annually set aside time to intentionally connect all ages, further research showed organizations and families were not planning or staging "IG Events". Two primary reasons were identified: (1) a single Day was too short to stage events; and (2) the Day competed with other established times, such as Grandparents' Day – the first Sunday after Labor Day. The need to annually set aside a time to intentionally connect generations is clear. In 2012, Intergeneration Foundation experimented with expanding Intergeneration Day to Intergeneration Month to increase the time for planning and staging "IG Events." The response has been compellingly positive. After considering other months, research shows September to be the preferred month.

Intergeneration Day, started in the year 2000, is merging into Intergeneration Month: September. Intergeneration Month will be promoted in the United States, and worldwide as a time to intentionally connect generations and stage intergenerational events. Grandparents' Day will be a kick-off "IG Event" for Intergeneration Month in the United States and Canada. Please participate to make the strengths of each generation meet the needs of all generations.

National Patriot Day 9 - 11

Patriot Day on September 11th honors the memory of the nearly 3,000 innocent victims who died in the September 11, 2001, terrorist attacks. Each year Americans dedicate this day to remembering those who died and to the first responders who risked their own lives to save others.

We Remember

For many, September 11, 2001, began like any other weekday. We made our way to work.

Children attended school. We shopped, had coffee, waited in line at a drive-thru. Those of us who weren't in New York City heard the first reports on the radio or television. A friend or neighbor alerted us to a plane flying into one of the Twin Towers. We felt disbelief. An accident, perhaps, a miscalculation. Then, a second plane flew into the second tower. Our disbelief turned into uncertainty and concern.

I can clearly remember everything from that morning. As most of us know some memories are more clear than others, this is often because events like 9 - 11, Kennedy Assassination, Princess Diana's death, are tied to strong emotions.

I can remember hearing about the first plane on the radio alarm. I stumbled into the livingroom telling my fiancée to turn on the news. We watched in stunned disbelief as the second and third planes crashed. With everything in disarray we still had to go into work at the mall even if it was very short lived.

Upon returning home we were glued to the news as events continued to unfold. In our lifetimes there had not been an attack of this magnitude on American soil. I cannot say how many emotions we went through that day. Ours could never compare to the families and first responders directly involved.



As we step into yet another remembrance of this tragedy, I reflect on missing September 12th. On September 12, this country was unified like I have not seen in years. Especially in light of today's climate in our country. The senseless bickering, blaming and destruction, are what did not exist on September 12. We were proud to be Americans. While our country is not perfect, we do not live with terrorist events as a daily occurrence.

Those on the ground faced terror and obstacles they had never known. As a set of coordinated suicide attacks organized by the militant group Al Qaeda targeted the World Trade Center, the rest of the nation witnessed the unbelievable. And then a third plane crashed into The Pentagon. And yet another crashed into a field in Shanksville, PA.

Memorial

Every year since that fateful day, the United States comes together to remember the fallen. We remember the first responders and those who made difficult decisions. Since that day, memorials have risen from the ashes.

NATIONAL BRAVE DAY



On the fourth Friday in September, National BRAVE Day honors women who lift each other up, rescue each other and make each other BRAVE.

Sometimes just a flutter of encouragement comes in the form of timely guidance from another woman. Other times, groups of women provide the energy coordinated, thoughtful efforts for someone in need. Women empowering women.

Despite varied experiences and backgrounds, women come together across generations to support each other. These small tokens come in many forms. For example, a momentary reprieve over a cup of coffee during a hectic day makes all the difference. A well-written letter of recommendation for a job may change the course of a life. These small tokens strengthen a woman who may have undergone unspoken tragedy or struggles.

The opportunities to empower sisters, friends, family, even a stranger are limitless. National BRAVE Day, seeks out tangible ways to encourage women to keep moving forward and to be BRAVE.

In a world where so many are eager to tear us down let us support one another to new heights



Here are some of my favorite songs.
Turn up the volume and let them carry
you into being BRAVE!

NATIONAL BRAVE DAY HISTORY

The Sweetlife Women founded National BRAVE Day in 2017 in honor of their founder, Kaci Stewart. She has been the catalyst for making a difference in women's lives. By honoring their founder, Sweetlife Women hopes the observance will be a spark of encouragement to women and a reminder to strengthen one another. Sweetlife Women has been in existence for ten years, and they look for ways to make women BRAVE and give help and guidance where needed. Their annual BRAVE Women's Conference is every September. Find out more by visiting braveconference.cc

GINGER CAT APPRECIATION DAY

Ginger Cat Appreciation Day brings a little love to ginger cats. Sometimes called marmalade cats or tiger cats, ginger cats are orange tabby cats. Tabby cats have striped, marbled, ticked, or spotted markings on their coats, and almost always have a marking in the shape of an M on their forehead. All orange cats are tabbies, but not all tabbies are orange. There are no solid orange or ginger cats. Ginger cats come in shades of orange, gold, and red. Most ginger cats are male, and both domestic or wild cats can be ginger cats.

While all ginger cats are honored today, one particular ginger cat, Doobert, is recognized today for his role in helping change animal transport. Chris Roy created a software platform that helps coordinate animal rescue relay transport, which is used by rescue organizations and volunteers, and named it after Doobert, his late ginger cat. Doobert is by no means the only ginger cat to have ever garnered a bit of attention. "Milo" of The Adventures of Milo and Otis fame, "Garfield", Winston Churchill's cat, "Jock", Jones from Alien, and "Cat", who starred in Breakfast at Tiffany's, among other films, all have had their time in the spotlight. But whether famous or not, all ginger cats are celebrated today!



We have a Leo, Peanut, Rusty and Bibs with several others who come by.

Some ways you could celebrate the day include:

If you have a ginger cat, show some extra appreciation for them. Give them more of your time, a new toy, or a special treat.

Show appreciation for someone else's ginger cat.

Adopt a ginger cat.

Celebrate the legacy of Doobert by getting involved in animal rescue.

Watch a film with a ginger cat such as Breakfast at Tiffany's, The Adventures of Milo and Otis, or Alien.

Read some Garfield comics.

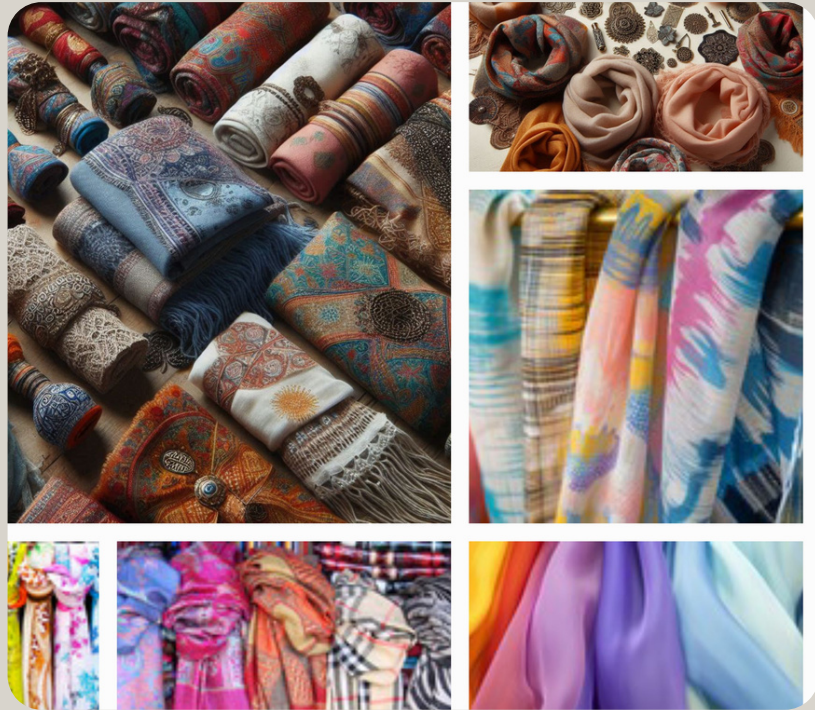
Make sure to share on social media too...

#GingerCatAppreciationDay

National Scarf Day

On September 27, National Scarf Day recognizes the power of the scarf.

Whatever your style, a scarf is the best way to express yourself, make a statement or update your look. Let a scarf inspire your style on National Scarf Day.



NATIONAL SCARF DAY HISTORY

Echo New York founded National Scarf Day on September 27, 2018. While scarves have been around since ancient times for purposes ranging from cleanliness to religion to warmth, Echo believes we are responsible for bringing the scarf to the world of fashion.

We're proud to say that after more than 95 years, our love affair with beautiful print, pattern and color is still going strong. Today, the rich heritage of timeless quality, unparalleled craftsmanship and fashion sensibility lives on in every new category. Still located within a block of the original showroom, Echo continues to draw inspiration from the vitality and diversity of the city.

Whether it's bright and bold or muted and tonal, a scarf is a great way to make your look your own. On National Scarf Day celebrate by wearing your favorite scarf proudly. Tie it at your neck; wrap it around your head; knot it onto your handbag; wear it as a top or even a belt.

However you wear it, just make sure to snap a photo and share it with [#nationalscarfday](#).

Say Yes To the Scarf!



Tap to Shop

STAR TREK DAY

Fans across the globe celebrate Star Trek Day on September 8 to remember the timeless legacy Star Trek has made on society and pop culture.

On September 8, 1966, a television series pilot known as Star Trek was introduced on American television. Aiming for an adult audience, this was the first time a scientific fiction series would explore morality through scientific narratives. Most movies or television shows would contain science but would often create conflict of suffering and injustice to solve problems. However, Star Trek was different. The series would put actors in the forefront making scientific arguments, while providing peaceful solutions to problems without using violence.

What was the first episode of Star Trek? In a galaxy far, far away "The Man Trap" aired as the pilot episode for Star Trek: The Original Series. Creator Gene Roddenberry's vision to successfully deliver a storyline of intergalactic drama full of diversity, acceptance and hope became a reality on today's date. Though the series' intention was to be a fictional story, Star Trek would become a futuristic franchise, showcasing humans living in harmony with space and Earth.

The Starship Enterprise

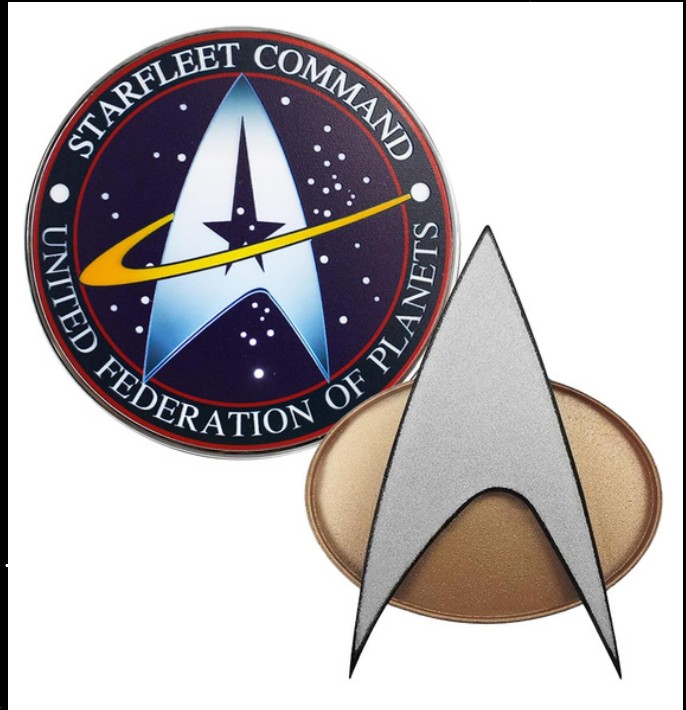
The original cast of the Star Trek series was one of the most diverse looking characters ever seen on television at the time. The main crew consisted of:

Ship Captain James T. Kirk (William Shatner)

First Officer and Science Officer Spock (Leonard Nimoy)

Chief Medical Officer: Leonard H. "Bones" McCoy (DeForest Kelly)

Opening Credits Narrator: William Shatner



UNITED FEDERATION OF PLANETS

Space: the final frontier. These are the voyages of the starship Enterprise. Its five-year mission: to explore strange new worlds; to seek out new life and new civilizations, to boldly go where no man has gone before. William Shatner

For 57 years, Star Trek has been captivating audiences across the world. Now considered one of the most successful franchise, the legacy of the original series continues to greet millions of fans.

For more information visit the Star Trek Day website.



National Read A Book Day

National Read A Book Day is observed annually on September 6th. On August 9th, we all celebrated National Book Lovers Day. While these bookish days may seem similar, National Read a Book Day invites us ALL to grab a book we might enjoy and spend the day reading.

Don't keep it to yourself. Share the experience! Read aloud either to children or to grandparents. Read to your pets or to your stuffed animals and plants.

Reading improves memory and concentration as well as reduces stress. Older adults who spend time reading show a slower cognitive decline and tend to participate in more mentally stimulating activities over their lifetime. Books are an inexpensive entertainment, educational tool and time machine too!

If you need any suggestions or just looking for something new these are some of my favorite authors.

A Great way to enjoy reading even more are these:

- International Book Giving Day
- Library Shelfie Day
- Library Lovers Day
- National Tolkien Reading Day
- National Tell A Fairytale Day
- World Book Day
- Books to Read
- Read Across America
- National Read A Book Day
- National Library Lovers Month
- Read an Ebook Day
- World Poetry Day
- National Write Your Story Day
- Children's Book Day
- D.E.A.R. Drop Everything and Read
- National Talk Like Shakespeare Day
- Paperback Book Day
- National Coloring Book Day
- National Library Card Sign Up Month

Julia Quinn, Diana Galbaldon, Suzanne Brockmann, Sherrilyn McQueen (a.k.a Kenyon), Lisa Kleypas, J.M. Madden, Suzanne Enoch, James Patterson, Patricia Cornwell, David Balducci, Janet Evanovich, Steven King, John Grisham, Dean Koontz, J D Robb, Michael Connelly, Agatha Christie, Tolkien, George R. R. Martin, and Harper Lee.



Better Breakfast Month

There is no better time to celebrate breakfast than during the entire month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day.

It's that time of year again. Kids are getting back to school, and everyone is beginning to prepare for the winter months ahead. It's important to take stock of how to start off the day. Consuming a well-balanced breakfast in the morning gives our bodies energy to get our day started the right way. Kids who have a healthy meal before school starts consistently perform and behave better at school. Having breakfast as a family every morning, talking about daily plans, helps promote healthy eating. Breakfast is essential, but don't skip the fun of preparing breakfast with your kids!

Breakfast food can be anything you want it to be, within reason, of course. Cereal is the most common breakfast food. However, if you wake up with a hankering for a slice of leftover pizza, enjoy it! Pizza is good for you when consumed in moderation.

For years, eggs got a bad rap on the food pyramid. Recently, eggs have been proven to provide essential vitamins and minerals needed to promote a healthy diet. Bacon, waffles, ice cream, pancakes, french toast, orange juice, are all popular breakfast foods. Oatmeal is a good healthy alternative to sugary cereals.

There are also a great selection of keto friendly recipes and foods some like omelets and breakfast sandwiches can be found at your local grocery. Kodiak makes pancakes, waffles, syrups and more with protein power and more ketogenic diet friendly. If you can't find them locally, Amazon or direct ordering are good solutions.

History

Originating during World War I, the United States government encouraged citizens to eat a Better Breakfast. The program gained momentum again during World War II. Then, in 1951, the Cereal Institute promoted Better Breakfast Month for the first time in September. Research gathered by the institute suggested that breakfast was the most important meal of the day. They selected the month to coordinate with children returning to school and businesses gearing back up after the lull of summer vacation. As a result, September became the ideal time to promote the benefits of a healthful and delicious breakfast.

Use #BetterBreakfastMonth in social media correspondence.

National One Hit Wonder Day

On September 25th, National One-Hit Wonder Day brings back memories while turning up the volume. We honor all the musical artists and chart-topping songs that make them memorable.



These songs make us sing, whether we should or not. We know all the words, even though we don't know why. They're the songs groups of friends will burst out in chorus together and make memories, too. Movie soundtracks? Love them! Wedding dances? Love them!. We love all of them!

The real kicker is, the artists or groups only made us swoon once. After that, they faded away. Some continued with moderate success. Others, however, were never heard from again, musically.

Listed below are just a few of the well-known one-hit wonders from days gone by.



Here is a playlist with some of my favorites.



- 1955 – “Earth Angel (Will You Be Mine)” by The Penguins
- 1963 – “Six Days on the Road” by Dave Dudley
- 1968 – “Tip Toe Thru The Tulips” by Tiny Tim
- 1969 – “Smile a Little Smile for Me” by The Flying Machine
- 1970 – “One Tin Soldier” by The Original Caste
- 1970 – “The House of the Rising Sun” by Frijid Pink
- 1972 – “Hot Rod Lincoln” by Commander Cody and His Lost Planet Airmen
- 1983 – “Puttin’ on the Ritz” by Taco
- 1988 – “Don’t Worry Be Happy” by Bobby McFerrin
- Do any of these bring back memories?

NATIONAL QUESADILLA DAY

National Quesadilla Day on September 25th encourages us to pull a chair up to the table and eat some authentic Mexican food. While it's not a sandwich or a taco, the quesadilla satisfies snack cravings while also completing a meal.

Typically made with a corn tortilla and filled with cheese, we heat quesadillas until the cheese melts. Then it hits the grill or frier until just crispy. Some people also include other fillings such as cooked sausage, chicken, pork, or beef. And don't forget the toppings. Fresh tomatoes, salsa, herbs, sour cream, guacamole, or chilies bring a whole other level of flavor to the quesadilla. Don't forget to finish it with a squeeze of lime. Serve it with an ice-cold beer or a margarita, and the meal is complete.

Families love quesadillas, too! In households around the country, families include quesadillas as a popular mealtime solution. In fact, V&V Supremo recently found one in three people are making quesadillas at least once a week*. Additionally, quesadillas have crossed over from authentic Mexican restaurant menus to more typical chain restaurants. Even higher-end gourmet eateries include them on their menus. Their simplicity allows for easy customization and people of all ages love to eat to them, too.

V&V Supremo® founded National Quesadilla Day (Dia de la Quesadilla) in 2020 to bring people together to enjoy authentic and delicious quesadillas. One of the only true ways to make an authentic quesadilla is with authentic Mexican-style melting cheese, Chihuahua® Brand Quesadilla cheese made by V&V Supremo. It is the gold standard for quesadillas with its rich, buttery, and flavorful taste.



Explore More...

National Taco Day
Family Taco Night
National Burrito Day
National Quesadilla Day
Cinco De Mayo
National Nachos Day
Jens Loaded Nachos
National Totilla Chip Day
National Avocado Day
National Tequila Day
National Margarita Day
Tres Leche Cake
La Fiesta Reasons to Party
National Guacamole Day
Totally Chipolte Day
National Salsa Month
Spicy Guacamole Day

Sourdough September

Sourdough September celebrates the world's oldest leavened bread, giving everyone a chance to enjoy this delicious delight the entire month.

The entire month of September provides opportunity for bread baker's across the world to share their talent of making sourdough bread. Initially starting as a campaign, this month long bread holiday has turned into a food celebration.

What is sourdough bread? Unlike dry yeast breads, sourdough bread begins from a "starter" that contains a live culture of yeast. Interestingly, a sourdough starter can be a saved piece of sourdough bread from a previous or old piece of bread. The "sour" part of the dough is created by adding water and flour every week to the old piece of bread until it becomes fermented. Basically, a process naturally occurs between the yeast and "good" bacteria causes the mixture to sour and prompts growth. That growth eventually becomes a loaf of bread.

Can you make a sourdough starter from scratch? Making a sourdough starter is super easy. You want to make wild yeast, which is 1/2 cup of flour and 1/2 cup of water mixed into a paste. Over a period of about seven days, you're going to remove, add, feed, and mix your wild yeast. You can visit any baking website on the Internet for a standard recipe. However, you might want to ask a family member if they have a recipe before you search the world wide web.

Is sourdough bread healthier than other breads? Yes! Sourdough bread is considered to be the least processed bread because of so few ingredients. It's also easier to digest because the bread acts as a prebiotic, meaning the bread fiber helps to process the good bacteria found in intestines. Good bacteria helps us maintain a healthy digestive system. Furthermore, sourdough bread has been known reduce the rate starches are digested in the intestines, lowering the glycemic index.

Did You Know?

It is believed sourdough originated in Ancient Egyptian times around 1500 BC.

It appears the French bakers receive credit for bringing sourdough bread to San Francisco during the California Gold Rush in 1848.

San Francisco bakers are using the same sourdough culture used during the Gold Rush. In fact, to this day bakers refer to it to as the "Mother dough."

Louise Boudin risked her life to save the original "Mother dough" during the Great San Francisco Earthquake of 1906.

You should bake sourdough bread in glass because the metal in baking sheets causes the dough to corrode.



JENS' WHITE CHICKEN CHILI



We had this at a popular restaurant several years ago. It was new and different and we loved it! As it turns out it was rotated off the menu so I came home and started my own copy cat recipe. On a quick trip to a store for something I found a McCormick seasoning for it. I followed their recipe and after many experiments came up with my own simple, restaurant tasting version. Hope you enjoy it as much as we do. This is fabulous any time of year. Especially Fall/Winter.

Ingredients

- 1 pkg boneless, skinless, Chicken Breast or Thighs about 2 – 3 lbs.
- 2 Cans Great Northern or Navy Beans do not drain
- 1 Can Cananilli Beans (they make it extra Creamy)
- 1 can Diced Green Chili's
- 2 pkg McCormick White Chicken Chili Seasoning
- 2 cups heavy cream
- 1/2 cup shredded mozzarella Cheese + extra for garnish
- 4 Tablespoons chopped Green Onion (if desired).
- Update: 1 – 8oz box cream cheese
- 1/2 – 8 oz block grated pepper jack cheese

Directions

- In large dutch oven style pan, cook chicken until golden on both sides over medium heat.
- Remove from pan. Cut or shred chicken to bite size pieces approx 1/2 in. Return Chicken to pan.
- Add diced Green Chili's and beans with liquid.
- Mix 2 season pkg with 2 cups heavy cream.
- Add Cream cheese and grated pepper Jack cheese. Add to pan.
- Simmer on medium low 10 minutes.
- Stir occasionally. add 1/2 cup mozzarella cheese.
- Once cheese melts serve piping hot, garnish with chopped green onions and extra cheese if desired.
- Keeps well in freezer I recommend a double batch. (One to eat today, one for an easy frozen meal later.)

Mom's Park Roast Dinner

This melt in your mouth meal will have people thinking you slaved for hours in a hot kitchen. You can literally serve the meat with a spoon.

Pot it on before work, school, or wherever your busy day takes you. Works great for holiday meals too. I've made them for Christmas dinner to everyone's delight.

By keeping the ingredients simple you can easily turn leftovers (assuming there are any), into a second meal. Slice it thin add the gravy and serve over noodles, noodles, or mashed potatoes. Shred it with two forks and add bbq sauce, buns and have pulled pork sandwiches.



Ingredients

- 7 - 8 lb Boston Butt Pork Roast
- 3/4 of 12 oz can Ginger Ale
- 1 1/2 tsp Adobo seasoning
- 2 pkg pork gravy mix (we buy what's on sale or sometimes store brand)
- Mom's secret ingredient 1/4 cup cup brewed coffee
- 6 Medium whole potatoes
- 8 - 16 oz baby Carrots
- 12 oz Green beans

Directions

- Spray crockpot with non-stick spray. Lay roast inside.
- Pour Ginger Ale over the top.
- Sprinkle about 1 1/2 tsp Adobo seasoning on top.
- Cover and set Crockpot on high
- Cook about 5 hours then turn down to low.
- Make gravy mix according to directions.
- Serve warm with gravy.
- You can add potatoes and raw veggies to crock pot in the morning. (Wait till 1 hour before eating if using canned vegetables.) The meal will be ready when you come home from work, play, errands, etc.

Comfort food doesn't get any better than this.



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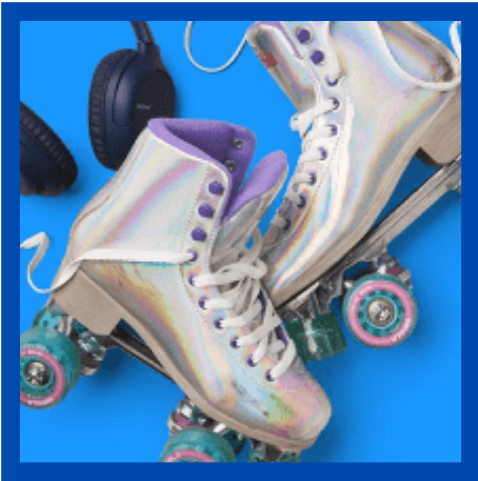
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Movie Lists

Curating a movie list is like opening a treasure chest filled with cinematic gems tailored to match the mood and occasion.

Whether you're in the mood for a spooky thrill with Halloween classics or seeking the warmth of love in a romance film, these lists are designed to enhance your viewing experience. From family-friendly adventures that bring everyone together to the timeless allure of musicals and mysteries that keep you guessing, each list captures the essence of its genre or theme, ensuring there's something for every type of movie lover.

Celebrations and special occasions also get their own spotlight with themed lists for Valentine's Day, holidays, and patriotic events, among others. Whether you're a fan of iconic franchises like Star Wars, Lord of the Rings, or James Bond, or you're gearing up for a dedicated movie night, these lists offer a curated selection that pays homage to the best of cinema. Dive into the cinematic universe of Marvel heroes, enjoy the epic scores on National Filmscore Day, or explore global cinema for a taste of stories from around the world—these movie lists are your guide to unforgettable movie nights and beyond.

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