

Jen's Perspective

2024



OVERFLOWING
OCTOBER

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Overflowing October

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Polish American Heritage Month

October 2024



Polish American Heritage Month is an annual designation observed in October. Across the globe, there are about 9.5 million Polish Americans. They represent about 3% of the American population. The first wave of millions of Poles migrated America between 1800 and 1860.

The second and third generations of Poles were born in America in the late 1900's, and grew up as Americans with a touch of Polish heritage. The Polish have always held onto a fierce passion for their culture, their independence, and their new country.

Try making some pierogi or kielbasa. You won't be disappointed. (Also, October 8th is National Pierogi Day, so there's an added incentive.)

FILIPINO AMERICAN HISTORY MONTH

Filipino American History Month in October commemorates the earliest documented evidence of Filipinos in the continental United States. The observance also celebrates Filipino heritage and the contributions of Filipino Americans.

The first Luzones Indios, or Filipino men, in the United States arrived at Morro Bay, California on October 18, 1587. A Spanish galleon named Nuestra Senora de Buena Esperanza carried Filipino crew members, Spanish soldiers among others. However, Filipinos immigrants would not settle in the U.S. until nearly 200 years later.

Today, Filipino-Americans are an integral part of the fabric of America. Since the first settlement in 1763, Filipinos have contributed to the development of the nation. From industry to education, government and the armed forces, Filipinos infused their heritage with that of the American Dream. Notable Filipino Americans include:

Kiwi Camara – The attorney is known for being the youngest graduate from Harvard Law School at the age of 19.

Prince – The pop singer rose up the charts with hits like Purple Rain and Little Red Corvette.

Thurgood Marshall, Jr. – The son of Supreme Court Justice Thurgood Marshall and Cecilia Suyat Marshall served as a White House senior staff member in the Clinton Administration.

Jose B. Nisperos – Nisperos became the first Asian to receive the Medal of Honor. He served as a member of the Philippine Scouts during the Moro Rebellion.

Tim Lincecum – The All-Star MLB pitcher won three World Series Championships during his career – all of them with the San Francisco Giants.



Explore More...

Caribbean American Heritage
Asian American and Pacific Islander Heritage
Italian-American Heritage
Scottish-American Heritage
African World Heritage
Gathering of Nations
Jewish American Heritage Month
Black History Month
Irish American Heritage
Native American Heritage
Korean American Day
Filipino American History Month

Italian-American Heritage Month



Benvenuti! (Welcome!) Italian-American Heritage Month is an annual designation observed in October. During this time, we celebrate the Italian-American culture, and spread the word about the traditions that come with it. Italian-Americans have made many contributions to the U.S., especially in art, humanities, and sciences. In 1880, Italians began migrating to the U.S. to flee rural poverty in Southern Italy and Sicily, and today, Americans of Italian descent are the nation's fifth-largest ethnic group.

Italian-American Heritage Month was first celebrated in 1989 when it was proclaimed by President and Congress of the U.S. to honor the achievements and contributions of Italian immigrants and their descendants living in the United States.





NATIONAL GERMAN-AMERICAN DAY HISTORY

National German-American Day was initially celebrated in the nineteenth century. However, it fell out of favor during World War I.

Then in the 1980s, things began to change. As is tradition, President Ronald Reagan made his world tour in 1982, which included West Germany. Amid a cold war and a divided Germany, the newly elected U.S. President spoke to the people of Bonn. He opened his speech by relating the history of the 13 German families who founded a colony on American soil. He spoke of contributions, advancement, science, and art and the honor to celebrate the German heritage that more than 7 million Americans claim.

In the United States on October 6th, National German-American Day celebrates the German heritage millions of Americans claim. This German-American heritage holiday commemorates the 13 German Mennonite families from Krefeld who landed in Philadelphia. On October 6, 1683, these families established the first German settlement in the original thirteen colonies. They named it Germantown.

A great treat into Bavarian and German heritages visit Sulvane, California. The town is full of architecture, food, music, an experience that should not be missed.

Celebrate your German-American heritage. Invite friends and family to taste the foods and customs of Germany. Share the language. Discover words the English language adopted from German. Explore the history of immigration by visiting museums near you. Use [#GermanAmericanDay](#) to post on social media.





As you peruse the aisles of your favorite department store, you start to notice a trend: pink scarves, pink socks, pink shirts, and pink coffee mugs. Then pink blenders, pink vacuums, and is that a pink microwave?!?

Ahh yes, the pink explosion is everywhere, and that can only mean one thing: October is upon us, and everyone is preparing for National Breast Cancer Awareness Month. It is a reminder that there is a gruesome disease that is out to get second base. These sweet, pink pastels are there to nudge us, saying “hey, don’t forget to examine your breasts, get your doctor to check them out too, and schedule your mammogram.” After all, about 1 in 8 U.S. women, and 1 in 1000 U.S. men will develop invasive breast cancer over the course of their lifetime, and being proactive in this fight is crucial.

There are some guidelines, though. Breast self-exams are to be done monthly, and the best time to do them is about 10 days after the onset of your menstrual cycle. Breasts can be capricious, and they will change texture over the course of the monthly cycle, so sticking to one time of the month is best. If you no longer menstruate, then choose a day of the month and do it that same day from then on. If your breasts are generally lumpy and you don’t know what is normal and what isn’t, the best strategy is to simply become familiar with them. Become so familiar with each ridge and curve that if something was to change, you’d notice it right away. Also, look in the mirror. Look for dimpling, swelling, or redness by standing with your hands on your hips, then with your hands in the air, standing straight, then leaning forward. You can dance if you want to, just make sure the door is locked because if someone walked in, it’d be really awkward for everyone involved.

The second guideline is to have your doctor examine your breasts. Find a doctor that you’re comfortable with because he or she will be squeezing your breasts and looking at them rather closely every year. A lot of people would rather do it themselves, but if you were to find an abnormality, you’ll need your doctor’s help in getting the proper tests done to determine what is wrong. Only your doctor can provide an order (prescription) for a breast sonogram or diagnostic mammogram.

The last guideline is to get a mammogram. This only applies to certain people: women over 40 (or mid to late thirties if breast cancer runs in the family because a woman’s risk of breast cancer approximately doubles if she has a first-degree relative who has had breast cancer), and patients with an abnormality in the breast. It is not generally recommended to get a mammogram before the age of 35. If a patient younger than 35 finds a lump, the first exam ordered will likely be a sonogram because it does not utilize radiation. And you know what? A mammogram really isn’t that bad. It is only a few seconds of pressure on each breast, and that’s it. The discomfort is worth it when it helps detect cancer in its earliest stages when it is most easily treated. Doctors are so confident that they can treat stage I breast cancer that they give patients a near 100% five-year survival rate.

So there you have it, folks: monthly breast self-exams, annual doctor’s exam, and a mammogram. These three things are your best bet for catching breast cancer in its earliest stages. Trust your judgment when it comes to your body. Don’t ever feel like you are overreacting if you “think” you feel something in your breast. If it doesn’t feel right, have it checked out. The worst (or best) thing that can happen is that you get checked and it turns out to be nothing.

OCTOBER BIRTHSTONE: OPAL – THE GEM OF RAINBOWS

Opal, the captivating birthstone for October, is renowned for its stunning play of color. This mystical gem has been cherished throughout history for its unique ability to display a rainbow of hues within a single stone. From fiery reds to deep blues and vibrant greens, opals symbolize hope, purity, and truth.

A Glimpse into Opal's History and Lore

Opal's name is derived from the Latin word "opalus," meaning "precious stone," but its roots go even deeper. In ancient Sanskrit, the word "upala" also translates to "gem," reflecting its timeless allure across cultures. Ancient Romans admired opal for its beauty, considering it a symbol of love and hope. In Arabic lore, opals were believed to fall from the heavens in flashes of lightning, trapping the brilliance of the storm within them.

During the Middle Ages, opals were considered lucky charms that brought good fortune to the wearer. Some believed that opals contained the power of every gemstone due to their color spectrum, while others thought the stones granted invisibility. However, a shift occurred in the 19th century when opals were associated with bad luck, a belief that has since faded as the stone's beauty reclaimed its place in jewelry.

Opal is a stone of creativity and emotional expression, often associated with inspiration and passion. The shifting colors within the stone are thought to stimulate imagination and ignite a sense of wonder. It's no wonder opals are popular among artists and creatives.

For those born in October, opal is said to provide protection and bring good luck. It is believed to enhance emotional stability, promote positivity, and provide insight into one's true self. As a healing stone, opal is thought to soothe restless energy and balance emotions, making it an excellent choice for those seeking harmony in their lives.



One of the most distinctive characteristics of opal is its "play of color"—a phenomenon caused by the diffraction of light within the microstructure of the stone. Unlike other gemstones that have consistent color, opals contain tiny silica spheres that break light into spectral hues, creating shifting patterns of color depending on the angle of the stone.

There are different types of opals, each with its unique appearance:

White Opal: Characterized by its pale body color, often showcasing pastel flashes of color.

Black Opal: Considered the rarest and most valuable, these stones have a dark body tone that intensifies the play of color.

Fire Opal: Known for its warm orange, red, or yellow hues, fire opals often have less play of color but are prized for their vibrant body colors.

Boulder Opal: Found in Australia, these opals have patches of precious opal interspersed with the natural host rock.

OCTOBER BIRTHSTONE OPAL



National Golf Lover's Day

National Golf Lover's Day on October 4th provides an opportunity for golf enthusiasts to swing down the fairway at least one more time during the season.

While celebrating the day, you might notice it is sometimes also referred to as National Golf Day. Since 1952, the PGA has held a charity event each year for National Golf Day, which is held on different days each year.

The modern game of golf may have originated in 15th century Scotland. However, it is unclear and very much debated as to its ancient origins. The world's oldest golf tournament is The Open Championship. Its first tournament played on October 17, 1860, at Prestwick Golf Club in Ayrshire, Scotland. Golf in the United States:



1779 – The Royal Gazette of New York City posted an advertisement for golf clubs and golf balls.

1796 – The Georgia Gazette publishes notice of an annual general meeting for a golf club in Savannah.

Golf became firmly established in the late 19th century.

1894 – Delegates from the Newport Country Club, Saint Andrew's Golf Club, Yonkers, New York, The Country Club, Chicago Golf Club, and Shinnecock Hills Golf Club met in New York City to form what became the United States Golf Association (USGA)

1910 – There were 267 Clubs affiliated to the USGA.

1922 – Walter Hagen became the first native-born American to win the British Open Championship,

1932 – There were more than 1,100 Clubs affiliated to the USGA.

1980 – Over 5,908 Clubs affiliated to the USGA.

2013 – Over 10,600 Clubs affiliated to the USGA.

EMERGENCY NURSES DAY

National Emergency Nurse's Day on the second Wednesday in October recognizes the dedication of ER nurses across the nation and it takes place during Emergency Nurses Week. We take this day to say "thank you" to the emergency room nurses for their hard work, dedication, service, and commitment. As they provide unwavering care to their patients and families, their loyalty to the emergency nursing profession does not go unnoticed.

Emergency room nurses are the first people we see when we have an accident or a medical emergency. They work hard to put us at ease and eliminate pain and discomfort. The day encourages us to let them know just how important they are in keeping hospitals running smoothly.

According to the CDC, per 100 persons, 45.8 visits were recorded. Since the ER nurse will be the first to see the patient, their training means the utmost to the patient. Most ER nurses earn a degree as a Registered Nurse. Beyond their degree program, many nurses continue their training, advancing their skills and improving their knowledge of the ever-changing medical field. Some will specialize as well. Statistics on ER nurses are difficult to find. However, there are over 3 million RNs in the U.S. workforce today.

HOW TO OBSERVE #EmergencyNursesDay

While not everyone has experienced an emergency visit, you can still participate in the day.

- Learn more about the day in the life of an emergency nurse.
- Send them a note of care and support.
- Put together care packages for emergency nurses. Add bottled water, energy snacks, a card of encouragement, or a coffee gift card.
- Share your experiences under the care of an emergency nurse.
- Give them a word of compassion.
- Help your hospital organize an event to show your support and appreciation for nurses.
- Give a shout-out on social media to an emergency nurse you know.

No matter how you thank them, don't forget to use #EmergencyNursesDay to post on social media.



Navy Birthday

On October 13th, the United States Navy observes its birthday every year.

The United States Navy (USN) is the United States Armed Forces' naval warfare service branch and one of the seven uniformed services of the United States. The U.S. Navy is currently the largest, most powerful navy in the world, with the highest combined battle fleet tonnage. The service has over 340,000 personnel on active duty and more than 71,000 in the Navy Reserve.

With only two ships and a crew of eighty men, the Continental Navy was born on October 13, 1775. The decision of the Continental Congress set the Continental Navy on course to carry arms to the British army, not to defend against it. However, these two ships and crew represent the birth of the United States Navy.

Throughout the Revolutionary War, their importance grew. Today, the United States maintains 40 naval bases across the country, including the world's largest Naval Station Norfolk, in Norfolk, Virginia.

Below the sea, submarines became a part of the Navy during World War II. While experiments began in the late 1800s and during the Civil War, they did not become a large part of the Navy inventory until World War II. At that point, subs became necessary for surveillance and rescue, even though they were also armed.

With the advent of the airplane, the Navy became vital stations for the Airforce as well. As a result, the Navy modified ships into floating landing strips. Today, joint Naval and Airbases such as Pearl Harbor-Hickam provide the country with the sea and air defense fleets.



NAVY BIRTHDAY HISTORY

On October 13, 1775, the Continental Congress authorized the first American naval force. Thus began the long and prestigious heritage of the United States Navy. Between 1922 and 1972, the Navy celebrated its birthday on October 27th, the date of Theodore Roosevelt's birth. The Navy League of the United States designated the date due to Roosevelt's foresight and vision in elevating the U.S. Navy into a premier force.

The change to October 13th was seen as a more relevant date in line with the first official action legislating a navy. Since 1972, the Navy has officially recognized October 13th as the official date of its birth.

Regardless of when the Navy observed its birth, the celebration has always been one of pride.



I LOVE YARN DAY



Yarn lovers and crafters around the world rejoice! I Love Yarn Day embraces the opportunity to share your craft with someone new. Teach someone to knit, crochet, weave or enjoy any yarn craft. Explore the variety of yarns, their vibrant colors, their soft textures, and warm tones. Expose your stash to the daylight and break out the scissors. Needles optional!

Yarn Bombing is creatively covering objects with knitted or crocheted material in an artistic manner.

Crochet uses a hooked needle to loop strands of threads together to make garments or artwork.

Knitting creates multiple loops of yarn together using two needles. The loops or stitches develop fabrics for sweaters, blankets and other materials.

Weaving creates textiles by interlacing threads at right angles.

String art creates an image by stringing yarn or string between pins placed on a surface. The concepts can be geometric, abstract or representational.

Doll making uses yarn to create soft dolls and animals by wrapping yarn and shaping fiber, using pom poms made from yarn and trimming it to form features.

Needlepoint uses yarn by placing colored knots and crosses in fabric or canvas to create an image or pattern.

I LOVE YARN DAY HISTORY

The Craft Yarn Council founded I Love Yarn Day in 2011 spreading the love of yarn crafts for generations to come. The Craft Yarn Council is a nonprofit comprised of leading yarn companies, manufacturers, publishers, and consultants in the yarn industry. “A survey conducted by the council affirms the numerous health benefits of yarn crafts like knitting and crocheting,” Jenny Bessonette, Executive Director of the Craft Yarn Council said. “We invite all of our followers to participate by posting and talking about how yarn has affected their lives.”



HALLOWEEN SAFETY MONTH

HALLOWEEN SAFETY MONTH IS AN ANNUAL DESIGNATION OBSERVED IN OCTOBER. HALLOWEEN IS A FUN HOLIDAY FOR FRIENDS AND FAMILIES, BUT SINCE IT USUALLY INVOLVES BEING OUTDOORS LATE INTO THE EVENING, IT'S IMPORTANT TO KEEP SAFETY IN MIND WHEN YOU'RE OUT CELEBRATING THIS SPOOKY HOLIDAY.



KIDS AND ADULTS ALIKE LOVE THE MAGIC OF HALLOWEEN. FROM TRICK-OR-TREATING, TO DRESSING UP IN ELABORATE COSTUMES, TO FESTIVE PARTIES OR GET-TOGETHERS. IT'S FUN TO HAVE A GOOD TIME WITH YOUR FRIENDS AND FAMILY! BUT, IN ORDER TO KEEP THE GOOD TIMES ROLLING, EVERYONE NEEDS TO MAKE SURE THEY STAY SAFE.

HERE ARE SOME TIPS TO REMEMBER THIS HALLOWEEN.

IF YOU'RE SENDING KIDS OUT TRICK-OR-TREATING, MAKE SURE THEY HAVE SOMETHING BRIGHT AND REFLECTIVE ON THEIR COSTUMES. THAT WAY, PEOPLE DRIVING WILL BE ABLE TO SEE THEM AFTER DARK.

MAKE SURE YOUR CHILD CAN SEE! MASKS AND LARGE HATS OR WIGS CAN BLOCK VISION. IF YOU CAN USE MAKEUP INSTEAD OF A MASK, IT'S NOT A BAD IDEA.

ALL COSTUMES SHOULD BE FIRE-RESISTANT.

ACCOMPANY YOUR LITTLE ONES ON THEIR NEIGHBORHOOD TRICK-OR-TREATING IF THEY ARE UNDER 13 YEARS OF AGE. (THIS CAN DEPEND ON THE CHILD, AND WHERE YOU LIVE.)

TELL YOUR KIDS TO STAY IN LARGE GROUPS, AND IN AS MUCH LIGHT AS POSSIBLE IF THEY'RE OUT ALONE AFTER DARK.

IF POSSIBLE, ALLOW THEM TO CARRY A CELL PHONE FOR QUICK, EASY COMMUNICATION. AGREE ON A TIME THAT YOUR CHILDREN SHOULD BE BACK AT HOME.

IF YOU ARE OUT DRIVING, REMEMBER THAT KIDS TEND TO DART ACROSS STREETS, AND GENERALLY AREN'T PAYING AS MUCH ATTENTION TO THEIR SURROUNDINGS AS WE HOPE. SLOW DOWN, AND KEEP YOUR EYES PEELED.

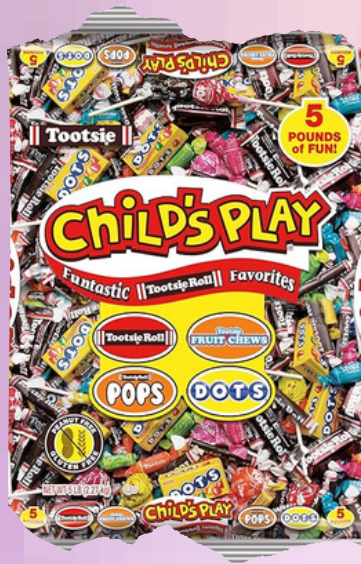
MAKE SURE ANY HALLOWEEN MAKEUP IS NON-TOXIC AND TAKEN OFF BEFORE BED.

MAINLY, REMEMBER TO STAY ALERT, HAVE A FEW RULES FOR LITTLE ONES, AND HAVE A FUN, SAFE HALLOWEEN NIGHT!

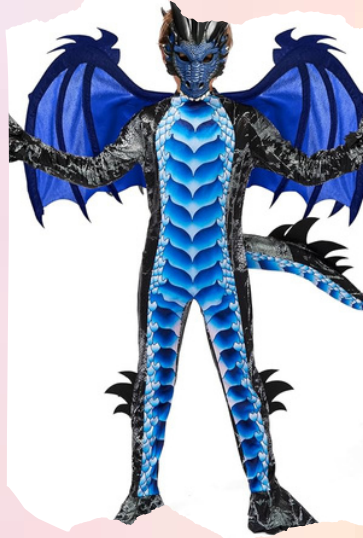
So have fun and stay safe. Enjoy
the music and movies of
Halloween too.



Tap to Shop



Tap to Shop



Tap to Shop

GLOBAL CAT DAY

Global Cat Day on October 16th raises awareness surrounding non-lethal feline programs across the country. More than any other shelter animal, cats and kittens face euthanization at a much higher rate. However, programs such as trap, neuter, and release (TNR) are making it possible for cats to live full and healthy lives right in our neighborhoods.

TNR programs aim to reduce shelters and overall colony populations across the country. TNR programs trap feral and stray cats. They are then neutered and vaccinated under the care of a veterinarian. Their ears are tipped to identify that they have been neutered. Then the cat is released back into the neighborhood where they were captured.

Long-term studies across the country show that not only does the population decline, but the cats live out their lives healthily. Additionally, these programs save taxpayers money over time.

Reduces animal service calls
Lessens the burden on shelters
Neighborhoods become quieter – mating behavior decreases



Why Adoption Doesn't Always Work

Feral cats – cats that have never had human contact – don't associate well with humans. They will always be feral and unable to be adopted. Feral cats prefer the wild. A TNR program offers them the best chance of living side by side with humans.

However, adoption is still a viable option for stray cats and kittens under 12 weeks of age. Visit your local shelter if you are seeking a pet of your own.

NATIONAL MAKE A DIFFERENCE DAY

National Make A Difference Day brings community service to a whole new level each year. Organizations join forces on the fourth Saturday in October to make a difference, big or small.

Millions of people have united in the common mission to improve the lives of others.

For more than 20 years, USA Weekend and Points of Light sponsored National Make a Difference Day. It became the largest national day of community service. However, the two organizations no longer promote the community service weekend. Despite that, the event carries on, thanks to many with like-minded beliefs in their communities.

All across the country, organizations pick up the tools required to help others during this weekend. Sometimes, they pick another weekend in October. However, they do it, they do so making a difference in the lives of others and their communities. The expression of love for each other through support and good ol' elbow grease is sometimes all we need to make a difference.

Those Who Make A Difference

Make a Difference Day was created in 1992 by USA WEEKEND magazine and joined by Points of Light. Together they sponsored the largest national day of community service for more than twenty years. While the organizations no longer support Make a Difference Day, the observance still impacts communities around the country. Volunteers and organizations have taken up the banner to help their communities in ways that best fit their needs.

- Laurence Segal's Cans For Cancer ([Bottles 4 A Cure](#)) collects bottles and cans each year in the name of Make A Difference Day. The proceeds are donated to cancer research.
- The [Center for Nonprofit Management](#) at MSU Texas in Wichita Falls, Texas promotes an event in the spirit of the day, too. Check out their Calendar of Events for dates and times.

- Louisiana will participate by spending the day sanding and painting picnic tables. The National Honor Society members are volunteering their time for this project.
- The Kiwanis Club embraces the Make A Difference Day theme each year. Learn more about their projects by visiting kiwanis.org.
- The TRIO Club at Centralia College in Centralia, Washington will be supporting the local ECEAP program with shoes and coats for 3-5 year-olds.
- The Volunteer Center in Winnetka, IL, hosts a volunteer event each year.
- Forest City, California, hosts events each year that support those in the community.
- Since 2008, Fountain Hills Arizona has been participating in National Make A Difference Day. Volunteers support a variety of opportunities to help their community and those who live there.



Throughout the month, organizations, businesses and aspiring entrepreneurs share resources and advice that support women-owned businesses. Like any small business, the benefits to a community are enormous. Locally owned small businesses bring revenue to communities. Small companies are more likely to support local organizations, schools and projects. They also provide a tremendous number of jobs, keeping local economies going and growing.

Businesses owned by women come in all varieties, too. They pursue business in STEM fields, creative and consumer domains, and service-oriented professions. There's really no limit to the opportunities available.

Since 2012, the Small Business Administration has been supporting National Women's Small Business Month by promoting events, webinars and giving a voice to women business owners.

SUPPORT
#WOMENSSMALLBUSINESSMONTH

Whether it's a seminar, webinar, interview or workshop, these events promote healthy small businesses. They provide a wealth of information all business owners need to know. These events also offer resources specific to women-owned enterprises.

If you've already overcome the stumbling blocks of ownership, you're one of the most valuable resources available to beginning business owners. Your experiences not only help pave the way for others, but your insight brings clarity and confidence to others.

Any business person knows that it's vital to keep learning and discovering. Whether it's a new technology, legislation, or financial news, the business world is always changing. It demands we stay focused and aware of the changing business world. Improving our skills also provides us with more opportunities. Whether driving business into new areas or changing direction, growing our tools help us create a brighter future for our businesses.

Numerous organizations around the country support small businesses. By networking with other like-minded women, you're not only able to learn about growing your business but you can also share your experiences and be a voice for others. Some organizations you may find helpful include the National Association of Women Business Owners, your local Chamber of Commerce, and the American Business Women's Association. If local organizations are lacking in your area, help start one. Bring a chapter to your community and let the leadership begin!

For example, the U.S. Small Business Administration includes an Office of Women's Business Ownership that serves not only as a guide, but advocates for women business owners, too.

Explore your community and shop at women-owned small businesses.



POSITIVE ATTITUDE MONTH

Positive Attitude Month is an annual designation observed in October. A positive attitude is the best trait you can carry with you, because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as "glass half empty," now is the time to change that! Looking at things with a "glass half full" perspective is a small thought process that makes a big difference.

6 Lasting Benefits of a Positive Attitude

1. Longer life span because of overall lower stress levels
2. Lower chance of depression
3. More resistance to sicknesses like the common cold
4. Increased physical and mental well being
5. Less risk of death from cardiovascular disease
6. More developed coping skills during challenges.

Finally, your positive energy will result in more overall motivation, more friends, and many more happy memories. Of course, life can be extremely challenging. In our work and personal lives, speed bumps will always present themselves... there's really nothing we can do about it. So, why not try to make the best of every situation we are thrown into?

5 POSITIVE THINKING IDEAS

Think positively. Expect great things. Use #PositiveAttitude to post on social media. Challenge yourself to be so strong that nothing can disturb your peace of mind. If you struggle to keep a good attitude, here are a few steps you can take to move past that.

1. Write it down. List the negative things in your life... the things that really upset you and cause you to lose your cool. Seeing them on paper can help you recognize and address them when they happens in real life. Cross them off when you are able to overcome them.
2. Let go of expectations. Sometimes, negativity begins with unrealistic expectations of yourself or others. Understand that nobody is perfect... and the imperfections add character! They make life real and interesting. If you can learn to work with that, you, and those around you will be much happier.
3. Forgive yourself and others. Do not dwell on past mistakes. You are only hurting yourself if you do so.
4. Respond, don't react. Change can be difficult to manage, but if you take a breath and give yourself some time to think, you'll find the clarity you need to respond in a positive manner.
5. Surround yourself with positive people. Yeah yeah, we know, you hear it all the time... But if you can do that, you'll start to see how happy & successful people think, and you'll likely start to think the same way.

National Handbag Day

National Handbag Day is observed annually on October 10th. This is a day to celebrate all the different types of handbags.



Not only do handbags come in many shapes and sizes. They can be the size of an envelope or almost as large as an overnight bag. They are available in every imaginable color and designs from leopard and zebra prints to calf skin and rhinestones. There truly is something for every taste and style.

Call it what you will – pocketbook, clutch, reticule, purse, evening bag, case, or pouch – they've been coming in handy for thousands of years. The earliest designs were a means of survival, but that didn't stop the user from being creative. Whether they carried tools, ceremonial accessories or gear, the user often decorated them with beads or died the material. Complex pockets organized even the most elaborate sets of accessories.

Today, the availability of synthetic and natural fibers allows for even more variety in design. Bags offer a range of sizes and styles, too. Whether packing light, casual or sophisticated, these purses offer so much to the modern user.

National Sunglasses Day

National Scarf Day

National Hat Day

National Earmuff Day

International Legging Day

NATIONAL MAD HATTER DAY

October 6th is a day set aside each year to bring out your silly side while celebrating National Mad Hatter Day.

The fictional character, The Hatter (also known as The Mad Hatter) from Alice's Adventures in Wonderland, is typically acting silly, and that is how the creators of this day decided on their theme of silliness for National Mad Hatter Day. Sir John Tenniel illustrated The Mad Hatter and all of Lewis Carroll's colorful characters beginning in 1864. Alice's Adventures in Wonderland was first published in 1865.



The phrase “mad as a hatter” comes from the late 18th and early 19th centuries when haberdasheries used mercury nitrate. The exposure to this metal over time caused the tradesmen to develop symptoms making people believe they were mad.

Taking our inspiration from The Mad Hatter (or any of Carroll's characters for that matter) we may pursue laughable, absurd, or even confusing adventures on National Mad Hatter Day. Breakout from the usual routine. Ask ridiculous riddles much like The Hatter's own, “Why is a raven like a writing desk?” Play croquet with plastic pink flamingos or wear a funny hat to work. Celebrate the day with silliness!

12 FAMOUS HATS YOU SHOULD KNOW

1. First Lady Jacqueline Kennedy's pink pillbox hat
2. Dr. Seuss's crooked, red and white striped top hat.
3. Abraham Lincoln's black stovepipe hat
4. Davy Crockett's coonskin cap
5. Indian Jone's fedora
6. The Sorting Hat from Harry Potter
7. Santa Claus's red and white fur stocking cap
8. Bob Marley's rasta hat
9. Sherlock Holmes's deerstalker
10. Marvin the Martian's helmet
11. Charlie Chaplin's bowler
12. Willie Wonka's top hat

National Seafood Month

National Seafood Month is an annual designation observed in October. Where do we even start with this one?! People all over the world love seafood, and there are about a thousand different ways you can eat it... So really, it's hard to get sick of. From smoked salmon to buttery lobster tails, to shrimp cocktail, to sushi... there's a kind of seafood for just about everyone. The list goes on and on.

Humans feasting on seafood dates back long before written history. We know this because of early cave drawings. Since humans didn't have the most efficient equipment back then, they used bird beaks and spears carved from wood and stone. Today, people in countries all over the world fish in dozens of different ways, and have learned to love seafood in hundreds of different recipes. Besides being super tasty, eating fish and shellfish has major health benefits. To name a few:

Fish provide essential nutrients. The specifics depend on what kind of fish you're eating, but to tell you the truth, there isn't a kind that's "bad" for you. They are a great natural source of vitamins and minerals such as Vitamins A, B, and D.

Seafood promotes heart health. It's nutritious enough to be low in saturated fat and high in protein... but even better news for your heart, fish are rich in omega-3 fatty acids. These can drastically reduce the risk of cardiovascular events like strokes, heart attacks, or sudden cardiac arrest.

It's great for your joints! Those omega-3 fatty acids are good for easing tender joints and reducing that stiffness that comes when you roll out of bed in the morning.

If you want healthy, glowing skin... add a little more fish to your diet. Eating seafood helps your skin hold its natural moisture. Your skin glows more from what it naturally produces than what you rub on it! It can also help protect against UV rays from the sun.

Eating fish boosts your brainpower. Studies show that seafood omega-3's could lower the risk of Alzheimer's Disease, and promote proper brain growth in infants and children.

Believe it or not, seafood can even help fight depression. Research shows a strong correlation between omega-3's and decreasing depression... It helps people have a more positive outlook on life!

If you're pregnant, eat fish for dinner once in a while. Experts say eating more fish has positive benefits on birth weight because it enhances fetal growth and development.



Okay, I know I said I was only going to name a few... but clearly fish have a lot to offer our bodies, and it was hard to keep the list short! It's important to note that if you happen to be allergic to seafood, you can always take vitamins and omega-3 fatty acids in pill form, but health experts prefer you get these nutrients from food.

Go out on the town and have some fun! Hit up your favorite seafood restaurant with friends and family, enjoy some of your favorite seafood dishes and use #NationalSeafoodMonth to post on social media. If you live near an ocean, spend a day or two fishing out on the water. Since there are endless amounts of great seafood recipes, we couldn't even begin to list them all... but if you want to give seafood cooking a try this month.

NATIONAL DESSERT MONTH



Hallelujah! National Dessert Month is an annual designation observed in October. That's right, you literally have 31 days to indulge in dessert and justify it every time with, "It's National Dessert Month, why would I not be stuffing my face with cheesecake right now?" The best part of dessert is, there's a kind for EVERYONE.

Are you a fan of chocolate, or do you prefer vanilla? Would you rather have a big slice of apple pie, or does red velvet cake peak your interest a little more? How about angel food cake smothered in strawberries and whipped cream, or a not-quite-fully-baked chocolate chip cookie fresh out of the oven?

Okay, sorry for all the options, I just got a little bit ahead of myself there thinking about all the amazing options dessert has to offer. Sit back, relax, grab something sweet, and let us tell you a few great ways to celebrate national dessert month.

As if you needed us to tell you why you should have dessert as much as you want this month, here are a few reasons.

It satisfies your cravings. Whether you have a major sweet tooth (like me) or just crave something sweet every once in a while, research shows that it's best to listen to that craving in the moment. As soon as you start to restrict yourself from sweets, you're only going to want them more and more. If you start denying yourself that sweet something, I guarantee you will find yourself halfway through your second container of Oreos a few days later. Have a few bites of dessert when your body tells you it wants it so you don't binge later on.

Make it at home for a healthier option. Store-bought goodies are usually packed with preservatives, extra sugar, and chemicals that aren't healthy for you. If you cook at home, you can substitute many ingredients with a healthier option, and then you won't have to feel bad about having a second slice of cake once in a while.

It may even inspire you to be active. Keeping a healthy balance in life is key... It's okay to have sweet treats once in a while, especially if you know you'll head to the gym later that day to work extra hard and burn those calories!



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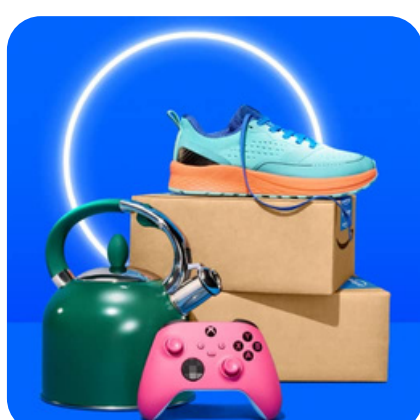
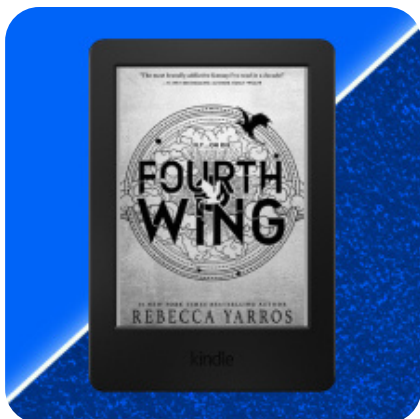


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October encourages us to partake in National Pasta Month, which may be one of many reasons we think this month is one of the most exciting ones to celebrate. I mean, come on. If you say you don't like pasta, we're pretty sure you're lying. There's a kind of pasta out there for everyone.

Anything from macaroni and cheese, to classic spaghetti and meatballs, to scrumptious shrimp scampi, or lasagna, pasta is one of those foods that it's hard to go wrong with. If you're allergic to wheat, you can still enjoy gluten-free pasta. It's at just about every grocery store these days. This month, set your diet aside and indulge in some hearty Italian comfort food.

How to Observe...

October is the perfect time to treat yourself to different delicious pasta recipes. In fact, it's also Italian-American Heritage Month, so you can kill two birds with one stone if you get serious about noodles for supper this month. Here are some reasons pasta is incomparable to most meals.

Any kind of meat and/or vegetables go perfectly with pasta of any kind.

Pasta has endless possibilities because there are so many different kinds. Linguine, rigatoni, lasagna, ziti... The list goes on and on. What are you in the mood for today?

It can be healthy, especially if you choose whole grain pasta. There's a reason runners eat pasta before big races – it gives you a ton of energy!

It's so easy to make! Boil some water and throw in the pasta of your choice until it's cooked right to where you want it.

Since there are so many different flavors and textures, pasta offers ample opportunity to experiment in the kitchen; you and your taste buds will never be bored!





NATIONAL CHILI MONTH

Each year in October when the air starts to get a nip to it, National Chili Month comes around to warm us up. What a perfect time to honor the ultimate chilly weather snack, just as winter is right around the corner.

Chili is the **ULTIMATE** comfort food. Close your eyes and picture this: the first snow of the year is falling outside your window, you're curled up next to the fireplace with a cozy blanket, your favorite movie on, and a big bowl of steamy, hot chili in your lap with a side of cornbread. You're lying if you say that's **NOT** what you wish you were doing right now.

1. Chili is packed with protein. The meat you put in it contains protein, plus there are usually a few different kinds of beans in chili as well. So even if you make a vegetarian version... you're still set with that bean protein!
2. Fiber is another important diet staple, and chili has that, too. The chilies, peppers, and beans in the dish all have plenty of fiber in them. Fiber keeps you regular and slows the rate at which your body absorbs sugar.
3. Chili is a great source of iron, which is something most of us don't get enough of in our daily diets. Iron circulates oxygen through the body, and a lack of it can mean brittle nails, dull skin and thin hair.
4. Are you trying to lose weight? Chili is a great option for you, because it's filling, and it's so delicious it's hard to believe it's healthy. The capsicum (aka the red pepper) in chili is what helps us lose weight. It raises your body's metabolic rate, and aids in digestion and circulation.
5. There's a reason besides the flavor that chili makes us happy! Chilies can cause your body's endorphin and serotonin levels to rise, sometimes significantly. Some people even say they get a euphoric feeling after finishing a big, hot bowl of chili. You can't go wrong!

While National Chili Day is in February, good chili always bring warm memories and comfort.

Use #NationalChiliMonth to post your most delectable meal on social media. In case you need a little extra push on why you need to have as much chili as possible this month... it's healthy for you!

Enjoy the following "tried and true" chili recipes:

Jen's Easy Chili
White Chicken Chili
Three-Bean Vegetarian Chili
Chili-Corn Chip Pie
Spicy Chicken Chili Stew
Biscuit Bowl Chili

National Gumbo Day



On October 12th, the menu spotlights National Gumbo Day for food holidays. This heavily seasoned, stew-like dish fills us up on chilly fall days.

Originating in southern Louisiana during the 18th century, Gumbo typically consists of strongly-flavored stock with meat or shellfish, a thickener, and seasoned vegetables. The seasoned vegetables may include celery, bell peppers, and onions. In the Cajun cuisine, the trio is known as the “holy trinity.” Most people serve Gumbo over rice. Gumbo is also usually categorized by one of the following types of thickener used:

- The African vegetable okra
- The Choctaw spice filé powder (dried and ground sassafras leaves)
- Roux (the French base made of flour and fat)

Gumbo arose from a West African word for okra. Many believe this word association is how the name and the ingredient also intertwined. Gumbo is thought to have been first documented in 1802 and was listed in various cookbooks in the latter 19th century. It gained widespread popularity in the 1970s when the United States Senate cafeteria added Gumbo to the menu in honor of Louisiana Senator Allen Ellender. Gumbo is also the official cuisine of the state of Louisiana. Since 1989, New Iberia, Louisiana hosts The World Championship Gumbo Cook-Off.

