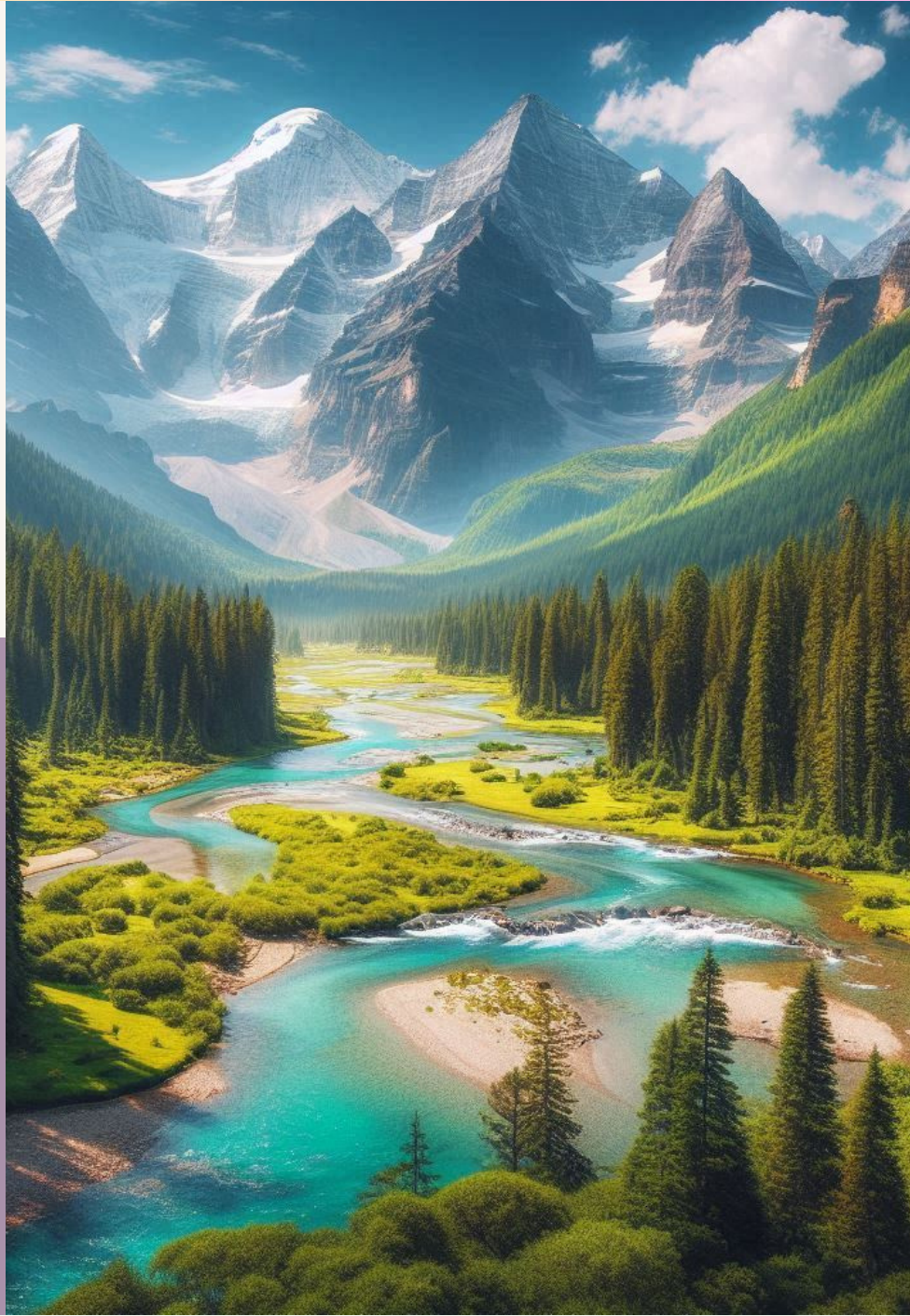


Jen's Perspective

2024



AMAZING
AUGUST

Amazing August

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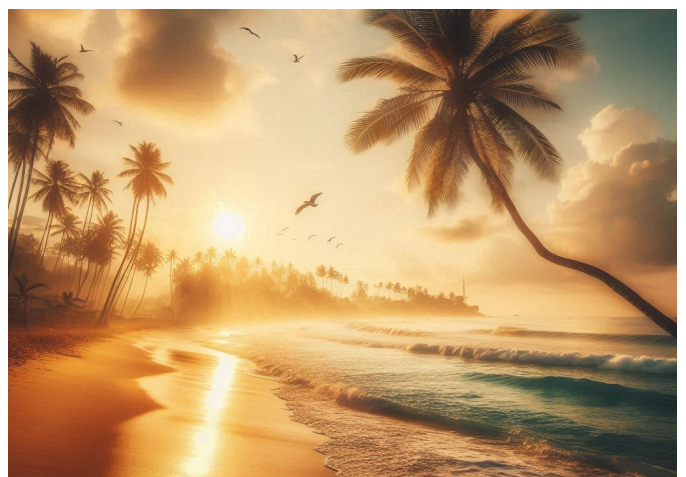


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A B O U T T H I S M A G A Z I N E

Welcome to the Amazing August edition of Jen's Perspective Magazine! This month, we're celebrating the vibrant energy of late summer with a special focus on outdoor adventures, delicious seasonal recipes, and creative DIY projects. Whether you're looking to make the most of the remaining warm days or prepare for the cozy autumn ahead, our curated content aims to inspire and delight. We're thrilled to bring you expert insights, personal stories, and practical tips to enrich your life and help you savor every moment of this beautiful season.

In this issue, you'll also notice some affiliate links within our articles. These links are carefully chosen to provide you with convenient access to products and services we genuinely recommend. When you make a purchase through these links, Jen's Perspective Magazine may earn a small commission at no additional cost to you. This support helps us continue to bring you high-quality content and maintain our commitment to authenticity and integrity. Thank you for being a valued reader, and we hope you enjoy everything our Amazing August edition has to offer!

This month will feature Back to School, Family, Adorable Dogs, Relaxation, a trip to the Beach, Sleeping Under the Stars, Romance, as well as Focus on family fun, happiness, Senior Citizens, and What it is to be A Webmistress. Several foods like Chocolate Chip Cookies, Fajitas, S'mores, and recipes to delight everyone's taste buds.

Amazing August 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

National Back to School Month

August 2024



Back to School Month in August gears up parents, teachers, schools, and students for a season of education.

Make sure you know the latest information from your local state, county, and school districts.

With shorter days, it's time to dust off the backpacks, fill them up, and plan for a new school year. Preparing children for the new year includes everything from supplies, clothes, checkups, planning schedules, and making new friends. Teachers develop their lesson plans and ready their classrooms for the new, smiling faces.

Despite all the excitement, the expense of going back to school can put a damper on going back to school. Fill-the-bus events, backpack programs, and teacher supply initiatives help to fill the gaps. Organizations around the country pull together to make the first day of school fun every year.

Explore More...

Kindergarten

1st Grade

2nd Grade

3rd Grade

4th Grade

5th Grade

6th Grade

7th Grade

8th Grade

High School

Off to College

History

National Back to School Month has been observed since the 1960s.

The school year has traditionally begun in the fall and ended in late spring allowing the children of farmers in our agricultural society to help with planting and harvesting. Though today most families have moved to a more urban and suburban lifestyle, most schools in the United States still function on this system. However, a trend toward a year-round school year is gaining steam.

Back to School

Amazon Back to School Shop



School supplies



Backpacks



Lunch essentials



Electronics



School-ready styles



Personal care



Sports & activities

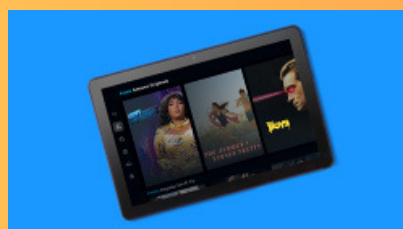


Classroom supplies



Off to College

Get everything your student needs for
Back to School success. Delivered.



Romance

Awareness

Month

February isn't the only romantic month on the calendar. Check your relationship's pulse during Romance Awareness in August. If it needs a jump start, there are lots of ways to put some spark back into the relationship.

Add excitement by planning the unexpected. Surprise your significant other with a date night with only a few clues as to the destination. None of it needs to be expensive or elaborate, but making an effort to make the evening fun, spontaneous and memorable will be worthwhile. Maybe it's a note clipped to a single flower saying you'll pick her up at 7 PM and to wear sandals. It ends up with a picnic on the beach; or it could be a text to him that you're in the mood for takeout, be ready in an hour – a three-hour road trip later and you're at the nearest drive-in theater eating hot wings under the stars.

The simple things mean so much more than elaborate gifts. A wrapped mint slipped into a pocket with an encouraging message on the day of big presentation sends waves of support and love when it's needed most. Sharing our successes with those we love is another way of enhancing the romance. Toast each other's success and bask in the glow.



Spend quiet time with each other. Read books, do chores, sleep. Just be. Sometimes, just being together in the same room generates energy that may have been missing.

Cultivate activities as a couple you enjoy doing together. Whether you enjoy games, biking, sports, antiques, travel, music or haven't discovered your interest yet, get out there and explore.

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Explore More...

Creative Romance Month
National Couples Appreciation Day
Romance Awareness Month
Happy Anniversary
Date Night Ideas
Date Your Mate Month
National Wedding Month

AUGUST BIRTHSTONE PERIDOT

Peridot, the birthstone for August, is a gem that has captivated admirers for centuries with its vibrant green hue. Known for its brilliant, lime-green color, peridot is a gemstone that symbolizes strength and promise. Unlike other gems, peridot is unique in that it is one of the few gemstones that come in only one color, albeit in varying shades. Its color can range from a yellowish-green to a deeper olive green, with the finest specimens displaying a rich, intense green with just a hint of gold.

The allure of peridot goes back thousands of years, with its origins deeply rooted in ancient history. The earliest known source of peridot is the small volcanic island of Zabargad (St. John) in the Red Sea, which has been mined for over 3,500 years.

Ancient Egyptians referred to peridot as the “gem of the sun” due to its radiant glow, which they believed had the power to ward off evil spirits. Legend has it that Cleopatra’s famous emerald collection may have actually been peridot, a testament to the stone’s historical importance and timeless beauty.

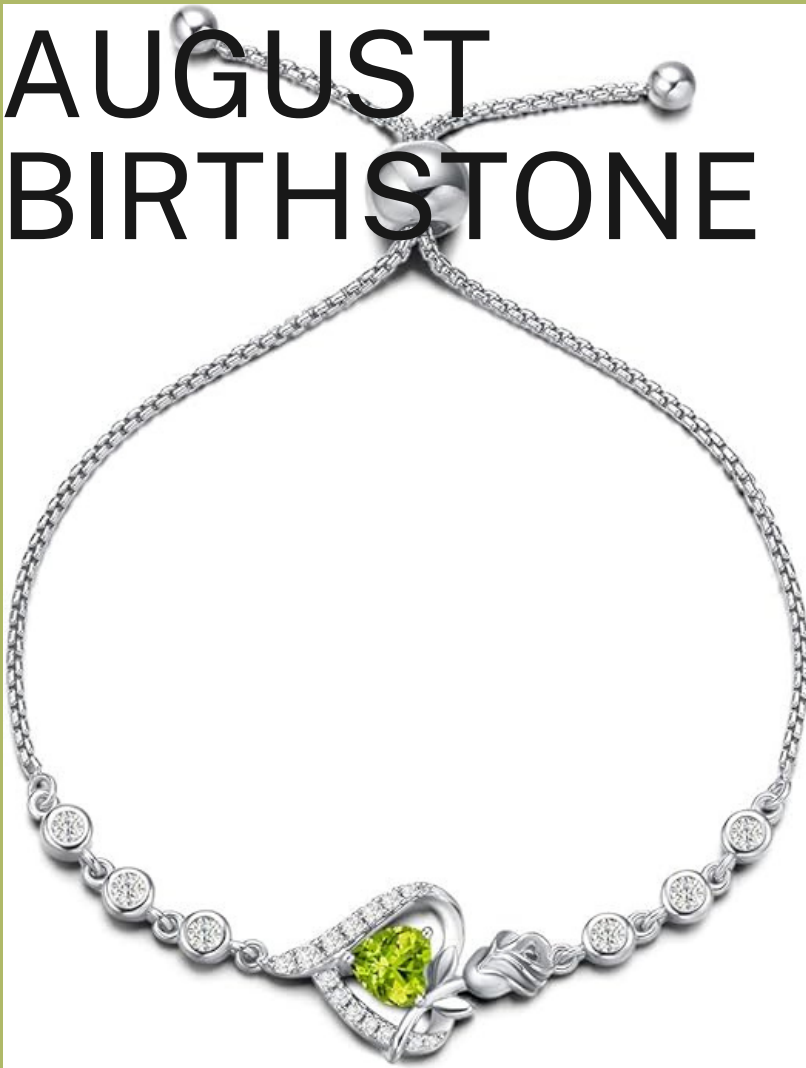


Peridot has been prized since the earliest civilizations for its claimed protective powers to drive away fears and nightmares, according to superstitions. It is believed by some superstitious people to carry the gift of “inner radiance”, sharpening the mind and opening it to new levels of awareness and growth, helping one to recognize and realize one’s destiny and spiritual purpose. There is no scientific evidence for such claims.

There are several types of symbolism associated with the gemstone. Peridot symbolizes love, truth, faithfulness and loyalty. The energies from the gemstone can also suppress ego and jealousy. Today this gem is still prized for its beautiful yellowish-green hues and long history.

Peridot is also known as the “money stone” because its green color is associated with money, and it’s said to bring financial success and help with decision-making. It’s also the birthstone for August, and is a popular gift for people celebrating their 16th wedding anniversary.

AUGUST BIRTHSTONE



PERIDOT



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Happiness Happens Month

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August.

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

"Folks are usually about as happy as they make their minds up to be."
— Abraham Lincoln

**HAPPINESS
IS AN
INSIDE JOB!!**

If you struggle with finding happiness, you can learn to be happy. There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness:

The Power of Positive Thinking by Norman Vincent Peale
Meditations by Marcus Aurelius
Man's Search for Meaning by Viktor Frankl

Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word). The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any set of circumstances, to choose one's way."

-Viktor Frankl



**Happiness Playlist will put a smile
on your face and in your heart!**

PURPLE **HEART** **DAY**



Purple Heart Day, on August 7th, commemorates the creation of the oldest American military decoration for military merit. The Purple Heart honors the men and women who are of the Military Order of the Purple Heart. During the American Revolutionary War, the Badge for Military Merit decorated six known soldiers.

General George Washington created the Badge of Merit in 1782. Washington intended the honor to be presented to soldiers for “any singularly meritorious action.” Its design included a purple, heart-shaped piece of silk bound with a thin edge of silver. Across the face, the word Merit was embroidered in silver. While the badge symbolized the courage and devotion of an American Patriot, no one knows who designed the award.

Until Washington’s 200th birthday, the Purple Heart persisted as a Revolutionary War footnote. Through the efforts of General Douglas MacArthur, the U.S. War Department created the Order of the Purple Heart. Today the medal bears a bust of George Washington and his coat of arms.

While an accurate and complete list of names no longer exists, National Geographic recently estimated that nearly 1.9 million service members have earned Purple Hearts since its creation. It is the oldest U.S. military honor still bestowed upon service members today. Until 1944, the Purple Heart recognized service members’ commendable actions as well. Then in 1944, the requirements limited the award to only those wounded or killed in combat.

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Purple Heart Firsts

William Brown and Elijah Churchill received the Badge of Military Merit during the Revolutionary War when the award first replaced the Fidelity Medallion.

Army General Douglas MacArthur received the first modern-day Purple Heart.

Army Lt. Annie G. Fox received the Purple Heart during World War II for her actions during the attack on Pearl Harbor.

GLOBAL SLEEP UNDER THE STARS NIGHT

August 8th is Global Sleep Under the Stars Night.

Whether it's in the backcountry or your own backyard, one of the best ways to experience the beauty of the outdoors is to spend a night under the stars. Gazing up at the night sky gives us a sense of peace and, at the same time, an overwhelming sense of awe.

Founded in 2020, Global Sleep Under The Stars is a unique way to encourage the world to experience the beauty of the outdoors under the same night sky, and also to celebrate the 100 Year Anniversary of the outdoor brand, Eddie Bauer — who has been inspiring and enabling people to live their adventure since 1920.

Explore More...

National Near Miss Day
National Meteor Watch Day
National Space Day
National Create A Vacuum Day
National Moon Day
National Astronaut Day
First Contact Day
Astronomy Day
National Star Wars Day
Star Trek Day
International Dark Sky Weekends
Great Worldwide Star Count
Messier Marathon
International Dalek Remembrance Day
International Observe the Moon Night
International Dark Sky Week
Global Astronomy Month



HOW TO OBSERVE #SleepUnderTheStarsNight

Let's do this! Make a day of it on August 8th. Set up camp in your backyard, pitch a tent on the patio, bring blankets to the rooftop, or lay your sleeping bags out on the back deck and turn your gaze upward.

The celebration lands in the middle of the Perseid meteor showers! So, if you're in the Northern Hemisphere, look northeast for the best view and count the shooting stars as you fall into a peaceful sleep. Make it an annual tradition and share your experiences using #SleepUnderTheStarsNight or #EBUnderTheStars on social media.

NATIONAL RELAXATION DAY



Most of us need this on a pretty regular basis. That's what a vacation is for right? But there is an official day for relaxation. August 15th is the day, so here are some great ways to unwind.

As this is considered a national holiday, sorry school and work still on, its a great opportunity to look into ways to destress your day. By all means these methods work on normal days too.

Meditation

Meditation is a habitual process of quieting your mind and focusing on redirecting your thoughts.

Mediations can increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration. 15 minutes of deep meditation can energize you like a nap. People also use the practice to develop other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns and even increased pain tolerance.

I learned some really good technics when I took professional yoga. You do not have to use yoga or religion based meditation to get the benefits. Simple mindfulness meditation focus on your breathing and body. As you become more focused, you notice more about them.

For instance you may notice your breathing a little fast, your heart rate is high or your blood pressure is elevated. Now that you're focusing on it you can lower those symptoms. You'll feel the state of your body. You're muscles may say you twisted the wrong way, or over did it chasing the kids.

Visualations

Visualization or visualisation (see spelling differences) is any technique for creating images, diagrams, or animations to communicate a message. Visualization through visual imagery has been an effective way to communicate both abstract and concrete ideas since the dawn of humanity. Examples from history include cave paintings, Egyptian hieroglyphs, Greek geometry, and Leonardo da Vinci's revolutionary methods of technical drawing for engineering and scientific purposes.

No matter the method you prefer take some time for you and try some relaxation. How do you relax? Leave us a comment and tell how and why, best of all the results...

NATIONAL DOG MONTH

All during the month of August, National Dog Month celebrates our loveable canine pals smack in the middle of the dog days of summer. Dogs are the #1 most commonly owned pets on the planet, and with good reason. Did you know that scientific studies prove our pawsome companions make us happier, less stressed, and more optimistic? The list of benefits to spending time with a dog goes on and on, but it all proves one thing—that a month-long celebration of our furry best friends has been a long time coming.

Whether your dog burrows under the blankets with you at night, plays in the sprinkler, or alerts you to a health need, we know they are constantly improving our lives and making them more fun. Not only that, but the companionship and affection we share with them make their lives better, too. Dog lovers know a life without dogs is a life missing something special, and that's a fact worth celebrating.

NATIONAL DOG MONTH HISTORY

Milk-Bone brand (The J.M. Smucker Company) founded National Dog Month in 2020 to recognize all the ways dogs make our lives better.



Explore More...

Opt – To – Adopt
Make A Dogs Day
National Dog Day
Adopt A Shelter Dog Month
Hug Your Hound Day
National Puppy Day
National Dog Mom Day
Never Bean Better Day
National Mutt Day
National Make A Dogs Day
National Pet Parents Day
National Black Dog Day

This is the easy part. Celebrate with your best pal. Take an extra-long walk. Play fetch or spare an extra Milk-Bone treat. Get your dog the toy he's been wanting or visit the dog park. Speaking of visits, make your next veterinarian appointment to ensure your pet stays healthy and strong. Donate to your local shelter or to a larger dog nonprofit. You can also volunteer your services. Not only will the dogs appreciate the support, but so will their future human companions. However you celebrate, be sure to use #NationalDogMonth to post on social media.

National Senior Citizens Day

On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.



By the time you're eighty years old you've learned everything. You only have to remember it. ~ George Burns

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.

HOW TO OBSERVE #SeniorCitizensDay

Spend time with the senior citizens you know. Let them know they are appreciated and loved. It may also be a good day to volunteer at a retirement home. Share your smile with those who may not otherwise get a visitor today.

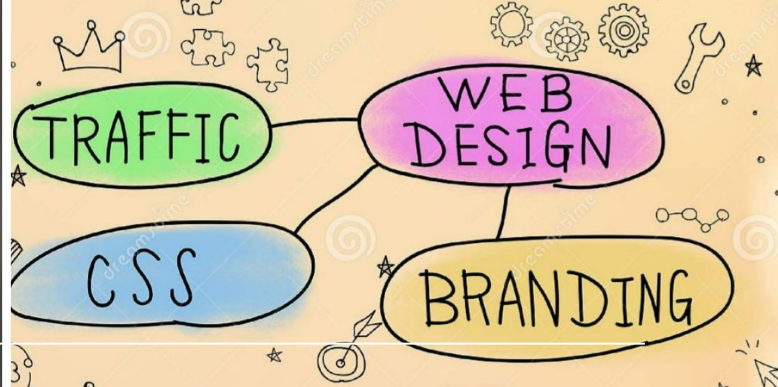
Send a card, chat, patiently endure teaching about technology if possible. Remember when you get frustrated, they may have taught you how to use a spoon.. among other things.

If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area.

Use #SeniorCitizensDay to post on social media.



National Day



WEBMISTRESS

Day

National WebMistress Day recognizes women in web development on August 26th.

A WebMistress is a woman who designs, develops, markets and maintains websites. The term has existed since the mid-1990s. In June of 1995, the term officially entered technology's lexicon. That month, Kat Valentine secured the domain name WebMistress.com. Taking the name a step further, Valentine then began web development under the job title WebMistress. Comparatively, the term WebMaster arrived on the scene as early as 1986, according to various classified ads.

Now, thousands of women work under the job title WebMistress. More than 20 years later, the word still raises eyebrows. However, WebMistress has a place not only on the résumé but is a legitimate job title in the business world. Take the time to acknowledge the women in web development to promote the job title in the business and lose the stigma associated with the word.

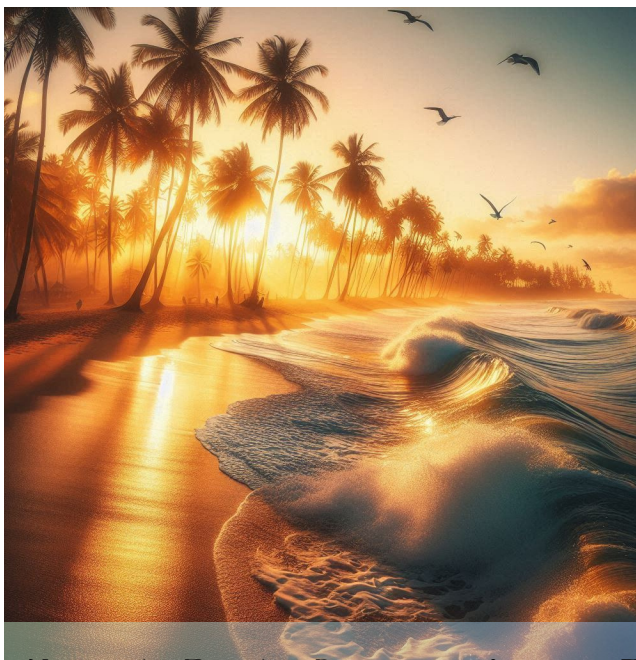
I taught myself both web design and blogging. After not being able to have a regular or structured job I was trying to figure out what I could handle. My health disabilities keep me from a normal job. So, I once again considered web design.

I've dabbled over the years and while I may not be capable of some things my computer skills are still there just a little more dusty....lol. Timelines, strict schedules, and other stresses don't work for me so I started this blog as a hobby.

SEO, affiliate marketing, social media management, promoter, and other aspects were a foreign language. I'm still learning but I've gained a basic understanding and best of my hard work has paid off at least a little. My readership and views have increased and my page views are still climbing. I even gained a few high profile fans.

This Magazine is one of my latest endeavors. This is my 3rd Issue and I hope to gain even more success with it. As it is an extension of my blog and to help promote my online presence to fans and Advertisers alike. My personal goal is to read 1000 subscribers by 2025. So join me as I continue with great content, graphics, and enjoyment in this new format.





National Beach Day

National Beach Day on August 30th celebrates all the sandy beaches across the nation. It also provides an opportunity to help keep those relaxing places clean, so we can continue to enjoy them long into the future.

As we live along the Gulf Coast of Florida this splendor has many spots along our coastlines. So when planning a vacation, weekend getaway, honeymoon, and any other reason you can think of come and enjoy our hidden Treasures.

Whether we spend time on beaches oceanside, at a lake or river, they provide recreation all summer long. Swimming, water sports, and sunbathing are just a few of the relaxing things that come to mind. We also enjoy playing Frisbee, volleyball and long walks. Floating along in the surf on a hot summer day with friends creates summer memories we remember for years to come.

Sometimes, just packing a few icy beverages and a good book is enough to make a beach day perfect.

However, we are responsible for caring for the beach, too. Not only should we pack out what we pack in, but it's necessary to follow the beach rules, also.

Safety and fun go hand in hand.

When it comes to swimming at the beach, the American Red Cross provides excellent tips.

1. Swim with a lifeguard present and only in designated areas.
2. Go with a buddy. Never swim alone.
3. Watch for currents, moving water, and riptides. These occur in oceans, lakes, and rivers.
4. Swim within your depth. Don't swim longer than you are physically capable of doing.
5. Take swimming lessons.
6. Learn CPR.

Organize a group to clean up your favorite beach. Since it's near the end of the season, your beach will appreciate it. Find out what the facility needs. Take up donations for supplies to keep the beach even cleaner next year. Donate garbage and recycling cans for your beach. Attend a seminar on water pollution and how to prevent it.

Share pictures of your favorite beach while enjoying the last days of summer!

Use #NationalBeachDay to share on social media.

Chocolate Chip Cookie Day



On August 4th, National Chocolate Chip Cookie Day gives us an opportunity to dunk American's #1 favorite cookie. Whether yours are homemade or storebought, pour a glass of milk and enjoy. Without chocolate chips, the cookie would still be number one. Or would it?

For that reason, we also recognize Ruth Graves Wakefield on National Chocolate Chip Cookie Day. Thanks to her inventiveness and curiosity, chocolate chips and a cookie dough go together. And for this reason, we hover around ovens savoring the moment the timer dings. Don't forget World Chocolate Day too.

How the Chocolate Chip Cookie Began

Imagine if Ruth Graves Wakefield hadn't run out of baker's chocolate for her cookie recipe that day in 1937. Because that's what happened. The cookie recipe she was preparing called for baker's chocolate and would have blended smoothly into the dough. However, she was out. And what if Mrs. Wakefield hadn't considered using semi-sweet chocolate instead? She figured it would just melt into the dough and work much like the baker's chocolate.ingredient.

Or, what if someone had interrupted Ruth Graves Wakefield that day and caused the cookies to burn and ruin the experiment?

Well, none of that happened. Instead of interruptions or doubts, the baker added the chocolate to the dough. Moments later the mouthwatering aroma began to waft from Mrs. Wakefield's oven. Perhaps the smell lured a child into the kitchen. Or maybe a guest at the Tollhouse Inn she and her husband owned. We may not know the finer details of the day the chocolate chip cookie came to be. However, we do know Ruth Graves Wakefield made it happen.

And if it weren't for her, we wouldn't know the ecstasy of warm chocolate chip cookie melting on our tongue. We know that feeling. When our eyes close in heavenly satisfaction and a perfect smile graces our face. No, if it weren't for Ruth Graves Wakefield, entire generations would be denied the bliss that is a chocolate chip cookie.

We could even go so far as to say she is responsible for all those other nuggets of goodness. Those morsels of butterscotch, peanut butter, and white chocolate we enjoy in much the same way we enjoy our chocolate delights. Nothing, though, rates quite as high as the chocolate chip cookie Ruth Graves Wakefield brought to us in 1937. No, nothing.

Give this recipe a try. Post on social media using #ChocolateChipCookieDay.

National S'mores Day

National S'mores Day on August 10th recognizes the most popular campfire treat! Millions of people of all ages love this gooey, toasted treat.

S'mores consists of a roasted marshmallow with a layer of chocolate bar sandwiched between two pieces of graham cracker.

The origin of this tasty snack is credited to the entrepreneur Alec Barnum. However, the first recorded version of the recipe can be found in the 1927 publication of *Tramping and Trailing with the Girl Scouts*. Even though the Girl Scouts were not the first ones to make s'mores, Girl Scout groups describe them in their reports as early as 1925. Earlier recipes used the name "Some Mores." It is unclear when the word "S'mores" became the more common name.

Today, many variations on the original s'more find their way around a campfire.

Try spreading peanut butter on the graham crackers before adding the other ingredients. Substitute peanut butter cups in place of the chocolate bar.

Replace the graham crackers with fudge-dipped cookies.
Add banana slices.



[Nostalgia Tabletop Indoor Electric S'mores Maker - S'mores Kit With Marshmallow Roasting Sticks and 4 Trays for Graham Crackers, Chocolate, and Marshmallows - Movie Night Supplies - Brown](#)

HOW TO OBSERVE #NationalSmoresDay

Try this S'more Bar recipe at home. Enjoy and share with your friends and family. However, if you think s'mores are too messy for you but enjoy the flavor, add the s'more ingredients to delicious desserts. Cakes, pies, dips, trifles also offer a terrific way to enjoy the taste of a s'more. Make it a delicious part of Family Fun Month this August too!

[How many different ways can you make a s'more? Use #NationalSmoresDay to post on social media.](#)

NATIONAL FAJITA DAY

On August 18th, National Fajita Day recognizes the sizzling deliciousness of the savory Tex-Mex flavor found in fajitas.

In the early 1930s, Mexican vaqueros in Southwest Texas developed what we've grown to love all over the United States. Using throwaway cuts of beef, they developed the fajita. However, it wasn't long before they became a staple in the region. These cowboys cooked the steak over an open fire or grill. Once cooked, they served it with flour or corn tortillas. In later years, fresh Pico de gallo, guacamole, and southwestern spices elevated the fajita. Soon the convenient meal for hardworking cowboys made an introduction to new audiences. The fajita became a destination food in the culinary world.

As their popularity grew, fajitas added a colorful flair to Tex-Mex menus. Sizzling platters full of bright peppers, onions, and a mouthwatering aroma delighted patrons. Menu choices beyond tender steak also broadened the fajita spectrum. Sweet shrimp, lean chicken, or pork with freshly made tortillas arrived at tables with fanfare. By the 1980s, most Mexican restaurants in the United States served fajitas. In the modern culinary kitchen, lime, cilantro and a plethora of vegetables find their way into a fajita, too. Add to that the perfect seasonings and mouths really begin to water!



Another flavor boost comes from grilling with mesquite. It adds a smoky flavor and bacon adds crunch. Of course, who could forget the cheese? With their festive presentations, fajitas continue to be enjoyed today. The fajita has come a long way from skirt steak trimmings!

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](#)

NATIONAL SpongeCake

D A Y



On August 23rd, enjoy National Sponge Cake Day with the quintessential classic of the cake world. This airy queen of teas is the guest of honor, but we get the pleasure of tasting!

One of the trickiest cakes for bakers to master, a perfect sponge stands tall. Another balancing trick for bakers includes maintaining a fine crumb while keeping the cake moist. If you enjoy layering berries and whipped cream, the sponge handles this task beautifully.

The sponge cake is thought to have originated in the Caribbean. However, the earliest English printed recipe for sponge cake comes from an English poet and author, Gervase Markham. In 1615 he published a sponge cake recipe in the book *The English Huswife*, *Containing the Inward and Outward Virtues Which Ought to Be in a Complete Woman*.

I can't knit or make plum jam, but I can bake a bloody Victoria sponge.
~ Helen Mirren as Chris in *Calendar Girls* (2003)

In 2003, the sponge cake played a tiny role in the movie *Calendar Girls* starring Helen Mirren. In the scene, Mirren's character, Chris, enters a baking competition. However, she forgets she entered, and instead of entering a sponge cake of her own making, she submits a store-bought Victoria sponge cake.

HOW TO OBSERVE #SpongeCakeDay

Be sure to find more of your favorite cakes [here](#).
Get some sponge cake and enjoy it. Or, if you are up to the challenge, try [this Glorious Sponge Cake recipe](#). Serve it with berries or a preserve. Use [#SpongeCakeDay](#) to post on social media.

THE SPONGE
CAKE IS
BELIEVED
TO BE ONE
OF THE
FIRST NON-
YEASTED
CAKES.

NATIONAL POTATO DAY



National Potato Day is August 19, so if you like spuds, this one's for you! Never celebrated this tasty tot before? Good news, we have the lowdown on how to do things up right with facts and links to turn you from couch potato to party animal.

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite.

Mashed, smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal — or as a meal! — making these starchy veggies a delicious and easy way to get iron, potassium and vitamin c. The puns are just baked right in! Now just fry and stop us from telling you the whole scoop on what makes National Potato Day so ...spudtacular.

Did you know there are over 4000 different kinds of potatoes? It's true! Choose your favorite or choose a bunch because potatoes are so tasty and easy to cook that no matter what you pick you won't be wrong! And not being wrong is a wonderful way to celebrate anything, so try it out this August 19.

There's no wrong way to prepare a potato and the Internet (and probably your grandma) have a million and one recipes for you to try. Select a favorite, chop to it and discover for yourself why this hot potato is such a hot commodity. Don't forget to invite some friends and make it an event! This is a celebration, after all.

Creamy and buttery or crispy and salty, the last step to enjoying this day is the best step — eating! —and we will eat potatoes in any form (even baked into bread)! We think consuming these delectable spuds in mass quantities is the best way to pay homage on their special day.

WHY WE LOVE NATIONAL POTATO DAY

Potatoes are a staple for a reason Hashbrowns or potato salad, hot or cold, no matter how you slice 'em, potatoes have been a staple in diets all over the world because they're easy to grow, tasty and relatively inexpensive to produce and buy. Nearly ever cuisine has potatoes in it, so you can take a culinary journey with your trusty potato by your side.

Potato chips are the best snackThe people have spoken! Potato chips are regularly regarded as the most delicious snack and we couldn't agree more. Plus, there isn't a better party food than the potato chip. Just pour them in a bowl and let the festivities begin! With chips coming in more and more flavors all the time, you'll never run out of ways to enjoy your favorite spuds with your buds. That deserve a few chip-chip-hoorays!

Jen's Super Sandwich

So, as I was trying to answer the, "What's for dinner?" question once again. I went with a super Sandwich creation, for Super Bowl Sunday. I have to satisfy some very good sized appetites and keep them diet-friendly for low-carb, keto style. With several of us needing these requirements for our health, it makes satisfying both regular and special diets a challenge. It's an even better one when you can satisfy both, without sacrificing taste. I've been told by everyone who has them they are better than the sub shops and Deli's make. So here's my recipe for a great sandwich.



Ingredients

- 1 green bell pepper
- 1 medium purple onion sliced thin
- 1 lg beef steak slicing tomato
- 1 medium head Green Leaf Lettuce
- 1 - 16oz pkg deli-sliced turkey breast
- 1 -16oz pkg deli-sliced black forest ham (I like the Land O Frost Brand)
- 8 oz extra sharp sliced cheddar cheese
- 8 oz sliced aged swiss cheese
- 16oz Bacon Cheddar Ranch dip
- 12oz sliced bacon cooked extra crispy
- Yellow mustard
- New York-style Rye Bread Or Dark Pumpernickle or low carb alternative
- I got 7 full-size sandwiches from 1 loaf and had meat and cheeses left over. If your crowd is bigger plan accordingly.

Directions

- Spread 1 tsp Bacon Cheddar Ranch dip on each slice of bread.
- Layer on dip onion slices on one, bell pepper on the other. Sounds easy but the order is important so it doesn't slide out of your sandwich.
- Next comes turkey breast folded and evenly layered. (I put 4-5 on onion side to build)
- Add 2 full slices of Swiss cheese
- 1.5 slices of super crispy bacon
- Thin sliced tomatoes
- 1 slice extra sharp cheddar
- 4-5 slices black forest ham
- Cover with little yellow mustard
- Add Green Leaf Lettuce
- Top with second dip and bell pepper bread.

Cut in half to make easier to hang on to. Quarters work too, especially for made up trays. We added whole wheat original SunChips with a little of the dip.



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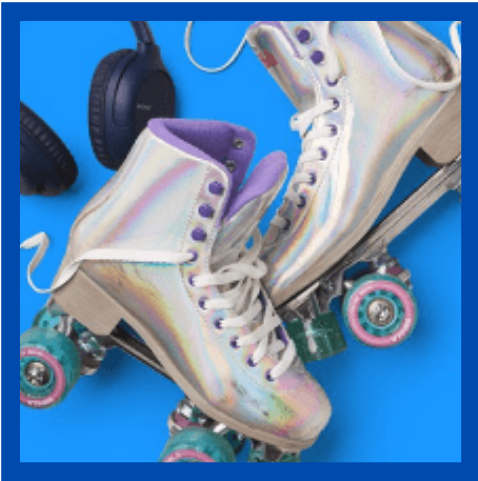
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Family Movie List



Welcome to our Family Movie List! Here, we've curated a special selection of films that bring the warmth and coziness of family time right to your screen. Imagine gathering everyone in the living room, snuggled up under soft blankets, with a bowl of freshly popped popcorn in hand. Whether it's a lazy Sunday afternoon or a festive holiday evening, our list is designed to make those moments unforgettable, filled with laughter, love, and togetherness.

- Bednobs and Broomsticks
- Mary Poppins
- The Absent Minded Professor 1961
- Flubber
- The Parent Trap 1961
- Cheaper By The Dozen
- Cheaper By The Dozen 2
- Stuart Little
- Harry Potter and the Sorcerer's Stone
- Harry Potter and the Chamber of Secrets
- Harry Potter and the Prisoner of Azkaban
- Harry Potter and the Goblet of Fire
- Harry Potter and the Order of the Phoenix
- Harry Potter and the Half-Blood Prince
- Harry Potter And The Deathly Hallows – Part 1
- Harry Potter and the Deathly Hallows – Part 2
- Fantastic Beasts and Where to Find Them
- Fantastic Beasts: The Crimes Of Grindelwald
- Fantastic Beasts: The Secrets of Dumbledore
- Shrek

- Anastasia
- Moana
- The Princess and the Frog
- The Little Mermaid
- Chitty Chitty Bang Bang
- The Chronicles of Narnia – The Lion, the Witch and the Wardrobe
- Space Jam
- Space Jam: A New Legacy
- Alice in Wonderland
- How to Train your Dragon
- Beauty and the Beast
- Pinocchio
- Lady and the Tramp
- Inside Out
- The Land Before Time
- The Grinch that Stole Christmas
- Aladdin
- Pete's Dragon
- The Lion King
- Willy Wonka and the Chocolate Factory
- Who Framed Roger Rabbit
- Home Alone
- Frozen
- Babe
- Homeward Bound: The Incredible Journey
- Finding Nemo
- E.T. The Extra Terrestrial
- Honey, I Shrunk the Kids
- The Wizard of Oz
- Oz The Great and Powerful