

Ten's Perspective



2025

SAUNTER THROUGH
SEPTEMBER

Saunter Through September

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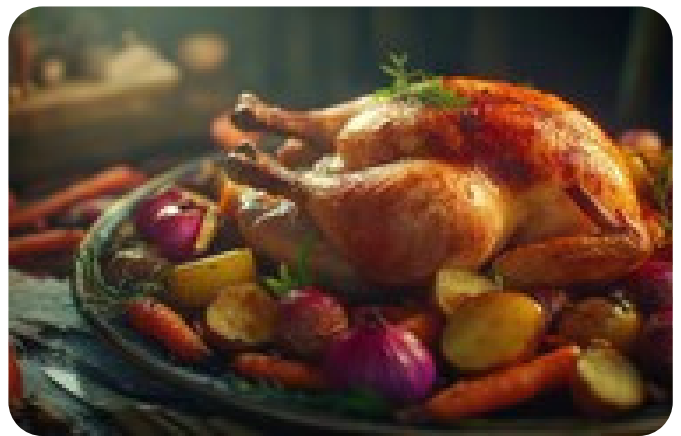
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A B O U T T H I S M A G A Z I N E

As the long, languid days of summer begin to crisp at the edges, September invites us to saunter—to walk with a leisurely grace into a month of profound transition. It's a time that holds space for both solemn reflection and joyful celebration, a duality that defines the American autumn.

We begin this month by bowing our heads in collective memory on National Patriot Day (September 11), a day to honor the lives lost and the heroes made. This solemnity reminds us of the strength found in community, a theme that echoes throughout the month as we gather for National Family Day, fire up the grill for National Tailgating Day, and extend simple kindnesses during National Courtesy Month.

But September's spirit is also one of whimsy and warmth. It's the month of cozy comforts: the embrace of National Teddy Bear Day, the shared magic of National Cinema Day, the fantastical journey of National Hobbit Day, and the simple, perfect pleasure of a Cheese Pizza. It's a time for indulging in the season's flavors, from the last sweet scoops of Coffee Ice Cream to the first beloved sips of Pumpkin Spice. Let's not forget the savory delights, either, as we celebrate National Chicken Month and the golden sweetness of National Honey Month.

This month also calls us to look outward, to the world we share. We're encouraged to learn, protect, and advocate—for our own health on National Teal Talk Day (raising awareness for ovarian cancer), for the enchanting Red Panda, and for the incredibly versatile Bamboo. And never underestimate the power of a kind word; the National Day of Encouragement is a perfect reminder to lift each other up.

Finally, we raise a toast to the states that shine this month: the rugged independence of New Hampshire, the history-rich landscapes of Virginia, the iconic hustle of New York, and the vibrant culture of North Carolina.

So, pull on your favorite sweater. Grab a cup of coffee (it is National Coffee Day on the 29th, after all). Let's saunter through this September together, finding joy in the big celebrations and the small, quiet moments alike.

Happy September

A handwritten signature in a cursive script, reading "Jennifer", followed by a long, sweeping vertical line that extends downwards.



NATIONAL COURTESY MONTH SEPTEMBER

It takes little effort to extend kindness. The entire month of September gives ample opportunity to practice being kind. It's National Courtesy Month!

The word courteous comes from the Middle English word 'kindness,' which means 'noble deeds' or 'courtesy'. One of the greatest novelists in the English Language, Henry James, once said: "Three things in human life are important: The first is to be kind; the second is to be kind; the third is to be kind." So, what does it mean to be courteous?

Courtesy can mean several things to different people. To some, being courteous means to be helpful. To others, being courteous means to be polite and having good manners. Courtesy can be words spoken or an action towards someone. Courtesy is about manners and respect. How you choose to show someone courtesy is entirely up to you!

**A single kind word keeps one
warm for three winters –
Chinese Proverb**

Courtesy should never have limits for people you know. Showing a stranger common courtesy could be the defining factor of their day. Oftentimes, a small gesture, such as a compliment, can make a person feel appreciated. When people are considerate to one another, a positive effect happens. Moods improve and smiles are easily found. Starting your day with a polite demeanor will have a ripple effect for the people you encounter!

Though we were unable to find the founder of National Courtesy Month, we did find a National Courtesy Campaign launched in June 1979 by the Ministry of Culture of Singapore. The campaign aims to encourage Singaporeans to be more kind and considerate to each other.

HOW TO OBSERVE

There are so many ways to show kindness to people through courtesy. Hold the door open for the people behind you! Mow your elderly neighbor's lawn! Compliment that shy person you see every day on the subway! Above all, SMILE at everyone you meet!

**Use #NationalCourtesyMonth to
share on social month.**



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 fiancé 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 those 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.

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This year while we mourn the loss of September 11th, I implore those both in government and citizens to strive once again to return to a September 12th. For the good of our children, our nation and humanity.

The road there starts with each of us. We have to decide to strive for it. If not for the future of our country for our children and grandchildren. We must teach both our children and grandchildren what this future should be.

Use #PatriotDay or #NeverForget to post on social media and show your support.



National Day of Encouragement



September 12th recognizes the National Day of Encouragement each year. This day is dedicated to uplifting people around us and making a positive impact.

Offering encouragement to someone is free. It never costs us anything to say a few words to inspire a student, coworker, or friend. Even a reassuring word to a stranger may make a difference in their lives.

Encouragement lifts up someone when they are down. It also motivates a person who has their eye on a goal. When we've failed, the right words remind us to keep trying. A little dedication to finding the right message may create a spark that changes a loved one's perspective.

Sometimes, the act of noticing a job well-done improves someone's day. Developing a habit of recognizing emerging talents motivates us to speak up and offer a kind word or helpful tip. It's a practice worth having, to improve relationships at work, home, and in the world around us. There really is no simpler way.

Explore More...

Random Acts of Kindness

National Compliment Day

Do Something Nice Day

Make A Difference Day

National Brave Day

National Gratitude Month

Self Care Awareness Month

Self Improvement Month

Happiness Happens Month

HOW TO OBSERVE *#NationalDayOfEncouragement*

I can tell you from first hand experience that tomorrow is not guaranteed. Never miss an opportunity to share a kindness with someone. The last thing you want in your life is to leave appreciation, and encouragement unsaid. So make someone smile today. If you're doing it right you'll smile more today too.

Make deliberate acts of encouragement. Provide reassurance and inspiration to the people around you. High five someone for a job well done. Take notice when a friend is getting close to a hard-earned goal, encouraging them to keep going. Send a card or give a call or text to a family member who may be struggling. Remind them how important they are to you. Use #NationalDayofEncouragement to share on social media.



NATIONAL TAILGATING DAY

On the first Saturday in September National Tailgating Day reminds us what the autumn colors and scents already do. Those colors signal grilling time and a season of cheering on our favorite teams!

Tailgating is the custom of gathering outside the stadium before the game with fans of the same team for food, beverages and socializing. Gatherings often take place at the tailgate of a pickup truck or the trunk of a car. However, neither are required. Staples of a tailgate party include grilling and beer, though chili competitions and recipe challenges encourage friendly competition before the game. Come hungry!

The original tailgate is unknown. Many teams take pride in claiming this title, as they should. Some writers even suggest the many observers in attendance at the Battle of Bull Run in 1861 to be the very first tailgaters, with their picnic baskets and bottles of claret prepared to watch opposing teams. Perhaps this can be considered tailgating.

Today, tailgating centers around the sport of football. While football has its roots in the game of rugby, it is generally accepted that the first football game in United States history was on November 6, 1869. The match took place between Rutgers and Princeton Universities. On that day fans arrived early to enjoy each others company and some food.

Much like building a community, tailgating harkens back to a time when pioneering villages would come together to raise the framework of a building. Often followed by a large meal and perhaps a sporting competition of sorts, communities looked forward to these harvest traditions year after year.

Those who tailgate come back every year, weekend after weekend. Couples meet. Families grow. Bonds are forged – all through the community of tailgating.

HOW TO OBSERVE #NATIONALTAILGATINGDAY

Put on your team colors. Bring your game face. Whip up your best batch of jalapeno poppers and get outside to watch your favorite team play this weekend! Use #NationalTailgatingDay to post on social media.

Post your tailgating pics on one of Tailgating Challenge's social media pages:

www.facebook.com/tailgatingchallenge

www.twitter.com/tailgatingchall

www.instagram.com/tailgatingchallenge

NATIONAL CINEMA DAY

On September 3 National Cinema Day celebrates movie lovers across the country and encourages them to return to the theatre and enjoy a movie on the big screen.

We all have memories of going to the movie theater. The excitement we felt waiting in anticipation for our favorite movie star to appear on the screen was exciting. No movie was complete without a box of fresh buttered popcorn and our favorite drink in hand. If we were lucky, we were able to get some candy, too. On National Cinema Day, everyone is encouraged to go to a movie and relive that special feeling of seeing your favorite movie star on the big screen.

BEHIND THE SCENES

Movies have been around since the late 1800s. Louis Le Prince receives credit for coming up with the idea of moving images on a screen. His Praxinoscope invention was a single-lens camera that had the ability to take 12 frames per second. Le Prince was in the process of patenting his invention when he was killed by an unknown person. Even though he met his demise, Le Prince was the inspiration for an industry that awes us just as much as the original movies did.



Fund a great movie night in with one of our curated movie lists. Something for everyone.



Who invented motion pictures? Thomas Edison receives the credit for inventing the first device to show a motion picture. In fact, Edison would be the first to commercially sell his kinetoscope invention even though he was skeptical about his idea. Interestingly, the device would be used in public kinetoscope parlors for public view. By 1915, small theaters were set up in storefronts to view a motion picture known as nickelodeons.

Motion pictures have come a long way since the beginning. As technology has improved, so has the production of what we view on the screen. During the early years of movie production, the audience was awed by the ability to view moving people on the screen. Movies were in black and white and had no sound. Most of the time, live music was playing within a theater as the film moved on the screen. Today, moviegoers expect to see amazing graphics, realistic stunts, and hear astounding music scores.

CINEMA CELEBRATIONS

- Go to the movie with family and friends.
- Buy movie tickets as a gift.
- Rent a movie theater for a private party viewing.
- Research the history of the movies.
- Purchase movie tickets for \$3 on National Cinema Day.

National Hobbits Day



Explore the Shire on September 22nd during Hobbit Day. While there, celebrate the birthdays of Bilbo and Frodo Baggins.

The novels *The Hobbit* and the trilogy *The Lord of the Rings* written by J.R.R. Tolkien, bring to life the world of Middle-Earth. According to the stories, Bilbo and Frodo were born during the Third Age in the years 2890 and 2968 respectively. Translated to Shire-reckoning, Bilbo was born in 1290 and Frodo in 1368.

I don't know half of you half as well as I should like; and I like less than half of you half as well as you deserve. ~Bilbo Baggins ~ *Lord of the Rings* ~ J.R.R. Tolkien

HOBBIT DAY HISTORY

The American Tolkien Society first proclaimed Hobbit Day and Tolkien Week in 1978.

Explore More...

[Tolkien Reading Day](#)

[National Hobbits Day](#)



HOW TO OBSERVE #HobbitDay

Join celebrations or have a Hobbit Day party of your own. Reading the book or watching the movies are other ways to enjoy the day. Create a celebration worthy of a Hobbit.

- Everyone should dress for the occasion. Even though most of the trilogy takes place in the future, Hobbits live for a very long time. Look at when Bilbo and Frodo were born. There's a very medieval and mystical feel to the costumes.
- Supply plenty of cakes, teas, wine, and ale.
- Invite a large crowd. Hobbits come from big families.
- Read from the trilogy or make a big speech.
- Be merry and dance. Provide music, too.

Share your celebration using #HobbitDay to post on social media.

NATIONAL FAMILY DAY



ON THE FOURTH MONDAY IN SEPTEMBER, NATIONAL FAMILY DAY ENCOURAGES EVERYONE TO GATHER AROUND THE TABLE AND ENJOY A MEAL TOGETHER.

The old saying goes, “Families who eat together, stay together,” but did you know they may also be reducing the risk of addiction? According to the National Center on Addiction, families who eat three or more meals a week together reduce a teen’s risk of using tobacco, alcohol, and other drugs.

That’s a fantastic outcome on its own. Family bonding is just a bonus. However, there are more benefits. For example, families who eat together also learn healthy eating habits, eat smaller portions, and are less likely to stress about food.

And back to the bonding – when parents engage with their children over a meal, their relationships are better. They learn responsibility while helping to prepare the meal and cleaning up. Children feel like they are a part of a unit, a team. They connect with the people who mean the most to them and who know them the best. Parents become and remain the people they turn to when the significant problems crop up.



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HOW TO OBSERVE #NATIONALFAMILYDAY

Use your imagination, spend time together and have fun !! Post on social media using #FamilyFunMonth to encourage others to join in. Have a meal with your family. It doesn’t have to be fancy. But it does have to include food and your family. Gather everyone and set the table. Talk to each other. Find out about everyone’s day. Then, commit to having another meal together before the week is out. Take a family photo and share it using #NationalFamilyDay.

Sapphires in September

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.

Some of the world's most famous sapphires have captivating stories behind them, adding to the stone's mystique. One such example is the Star of India, one of the largest sapphires ever discovered, weighing an astonishing 563.35 carats. This star sapphire, characterized by a six-pointed star pattern that appears on its surface due to unique inclusions, is housed in the American Museum of Natural History in New York. Another legendary sapphire is the Logan Sapphire, a flawless deep blue stone weighing 422.99 carats, set in a brooch surrounded by diamonds, which is part of the Smithsonian Institution's National Gem Collection.



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.

SAPPHIRES SEPTEMBER BIRTHSTONE



INTERNATIONAL RED PANDA DAY

During the third Saturday in September, International Red Panda Day dedicates a day to learning about about red pandas. Join the campaign to raise awareness about saving their habitats.

Red pandas are much smaller than the more familiar black and white pandas. In fact, red pandas are not related to giant pandas at all. Red pandas weigh between 12 to 20 pounds, which is about the size of a housecat. These adorable mammals live in the trees of the Himalaya Mountains. The Red panda's popularity in Asia features them in cartoons and as team mascots. However, only about 10,000 red pandas live in the wild. Because of deforestation, poaching, and the illegal pet trade, red pandas are endangered.

FUN FACTS ABOUT RED PANDAS

- Their fur is the color of cinnamon and keeps them warm in cold climates.
- Red pandas eat mostly bamboo.
- They were discovered in 1825, before the giant panda.
- Other names for the red panda include bear-cat, firefox, and Himalayan raccoon.
- Although they resemble raccoons, they have no living relatives.

According to the Red Panda Network, red pandas symbolize of life. Red pandas help to keep forests healthy, the water clean, and the ecosystem vibrant. Saving the red panda helps combat global climate change as well as protect the ecological integrity of South Asia.



INTERNATIONAL RED PANDA DAY HISTORY

The Red Panda Network launched International Red Panda Day in 2010. At that time, 16 schools and a few zoos participated in red panda activities. Currently, more than 60 zoos around the world participate, with over 100,000 visitors on Red Panda Day.

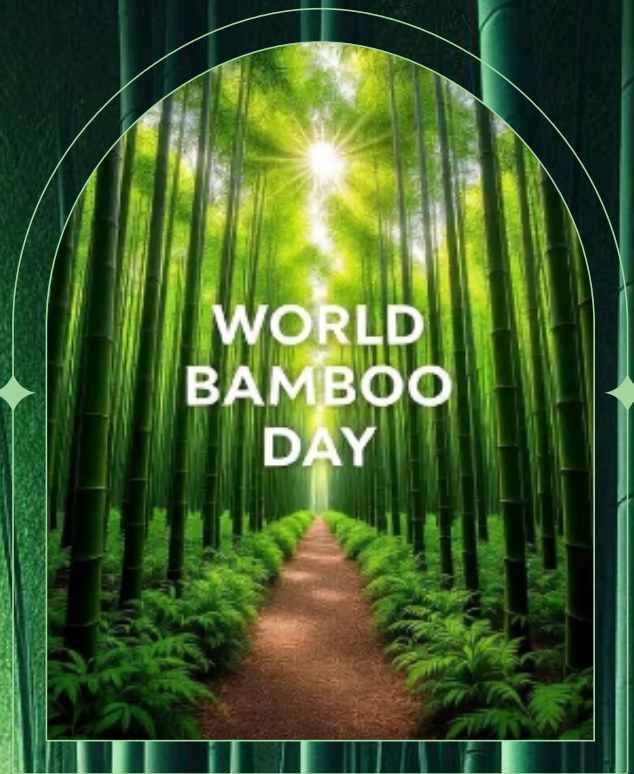
HOW TO OBSERVE #INTERNATIONALREDPANDADAY

If you want to take part in International Red Panda Day, check with your local zoo to see if they have any activities. Donate to the Red Panda Network or another group that strives to protect the red panda. Encourage your child to become a Red Panda Ranger to help spread the word about red pandas. You can also share an image of a red panda on social media with #InternationalRedPandaDay.

WORLD BAMBOO DAY

Every year on September 18th, World Bamboo Day raises awareness about this fast-growing plant. The day also recognizes the importance of bamboo on a global scale.

Bamboo is a type of giant grass that is hard and hollow. It is also the fastest growing land plant in the world. Certain species of bamboo grow 36 inches within 24 hours. This means that it grows about one inch every 40 minutes. The only thing that grows faster is giant sea kelp.



Most people are aware that bamboo is the panda bear's favorite food. In fact, 99 percent of the panda's diet is bamboo. But there are some things about bamboo you might not know.

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FUN BAMBOO FACTS

- It acts as a natural air conditioner as it cools the surrounding temperature by up to 8 degrees.
- Some kinds of bamboo are edible and are used in Asian cuisine and tea.
- Clumping bamboo provides oxygen to the brain and can help relieve tension headaches.
- There are over 1,500 species of bamboo throughout the world.
- The very first successful lightbulb contained carbonized bamboo filament.
- Bamboo comes in a variety of shapes, colors, and sizes.
- The very first firecrackers in China were made from bamboo.
- Bamboo groves are safe places to go in the midst of an earthquake.

Bamboo poles are very strong and sturdy. For this reason, many people use bamboo in construction. Bamboo also contains an anti-fungal and antibacterial quality. Because of this, bamboo is used to make charcoal. Other products made from bamboo include furniture, musical instruments, toilet paper, disposable cutlery, solar-powered batteries, flooring, drinking straws, and skateboards.

SHARE THIS DAY ON SOCIAL MEDIA
WITH #WORLDBAMBOODAY.

NATIONAL TEDDY BEAR DAY

On September 9th, National Teddy Bear Day honors the history of one of childhood's favorite toys. We have all had a special cuddly teddy as a child. Some of us still have our teddy bear from our childhood. No matter what kind of teddy bear you had or have, this day is a perfect time to celebrate your childhood friend!

In 1902, American President Theodore Roosevelt refused to shoot a bear cub while hunting in Mississippi. The incident made national news. Clifford Berryman published a cartoon of the event in the Washington Post on November 16th, 1902, and the caricature became an instant classic.

The Berryman cartoon of Teddy Roosevelt and the cub inspired New York store owner Morris Michtom. He created a new toy and even had a name in mind. Michtom wrote President Roosevelt to ask permission to name the new toy a "Teddy Bear."

Since the advent of the Teddy Bear, a parade of famous characters followed.

Big Bird from Sesame Street named his Teddy Bear Radar. The lasagna loving cat celebrated on Garfield the Cat Day armed himself with Pooky, his lovable scapegoat. The British invasion of Teddy Bears includes Winnie-the-Pooh and Paddington. In 1981, the Care Bears first became greeting cards. Not long after, they launched into television and toy history.



**A teddy bear does not
depend on mechanics
to give him the
semblance of life. He
is loved - and
therefore, he lives. ~
Pam Brown**

And let's not forget the Muppet character Fozzie Bear. The lovable and comedic bear endlessly perseveres with one-liners, slapstick and musical comedy.

HOW TO OBSERVE #NationalTeddyBearDay

Share some of your favorite Teddy Bear characters from a time gone by. Are they recent interpretations of the lovable creature? Or do you have an affinity for the classic Teddy Bear? Other ways to celebrate include:

- Giving a Teddy Bear to someone you love.
- Donate Teddy Bears to a local organization for children.
- Host a Teddy Bear tea party with your children.

Share your memories of Teddy Bears using #NationalTeddyBearDay to post on social media.

**It is believed Teddy Bears defend
from monsters while we sleep.**



Let's talk. September 23rd is Teal Talk Day and each year, over 249,000 women are diagnosed with ovarian cancer worldwide. So, gather your friends, wear teal for a day out together and talk.

Join a group of co-workers for lunch. Men are welcome, also. They have mothers, wives, daughters, and sisters at risk for ovarian cancer. They should have the Teal Talk, too! Since no standard screening exists for ovarian cancer, awareness gives us our best defense. The talk takes very little time. Have a Teal Talk over lunch. In that time, approximately 28 women will receive an ovarian cancer diagnosis.

Invite your closest friends, neighbors, and sisters for drinks in the back yard. Wear your favorite teal and give the Teal Talk. Let them know early detection improves survival rates by 90%. Make sure they know the symptoms.

- Persistent bloating
- Lack of energy
- Loss of appetite
- Feeling fuller sooner.

During your Teal Talk, find more signs at Ovarcome.org.

Go for a walk with your mom and her friends. Even a short walk will be long enough for a Teal Talk. Ask them about family history and encourage them to share it with their daughters and granddaughters. Urge them to see their gynecologist to review family history for inherited risk factors. Families with a strong history of ovarian or breast cancer have a 15-40% lifetime risk when compared to the general population, according to the National Cancer Institute.

EXPLORE MORE...

[National Wear Red Day](#)

[Epilepsy Awareness Day](#)

[World Stroke Day](#)

[American Diabetes Association Alert Day](#)

[World Diabetes Day](#)

[American Heart Month](#)

[National Nutrition Month](#)

[National Wellness Month](#)

[National COPD Awareness Month](#)

[National Blood Donor Month](#)

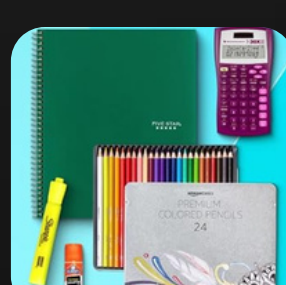
[National Kidney Health Month](#)

[National Brain Injury Awareness Month](#)

[National Blood Pressure Education Month](#)

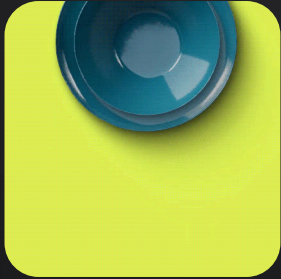


Back to School



Tap to Shop

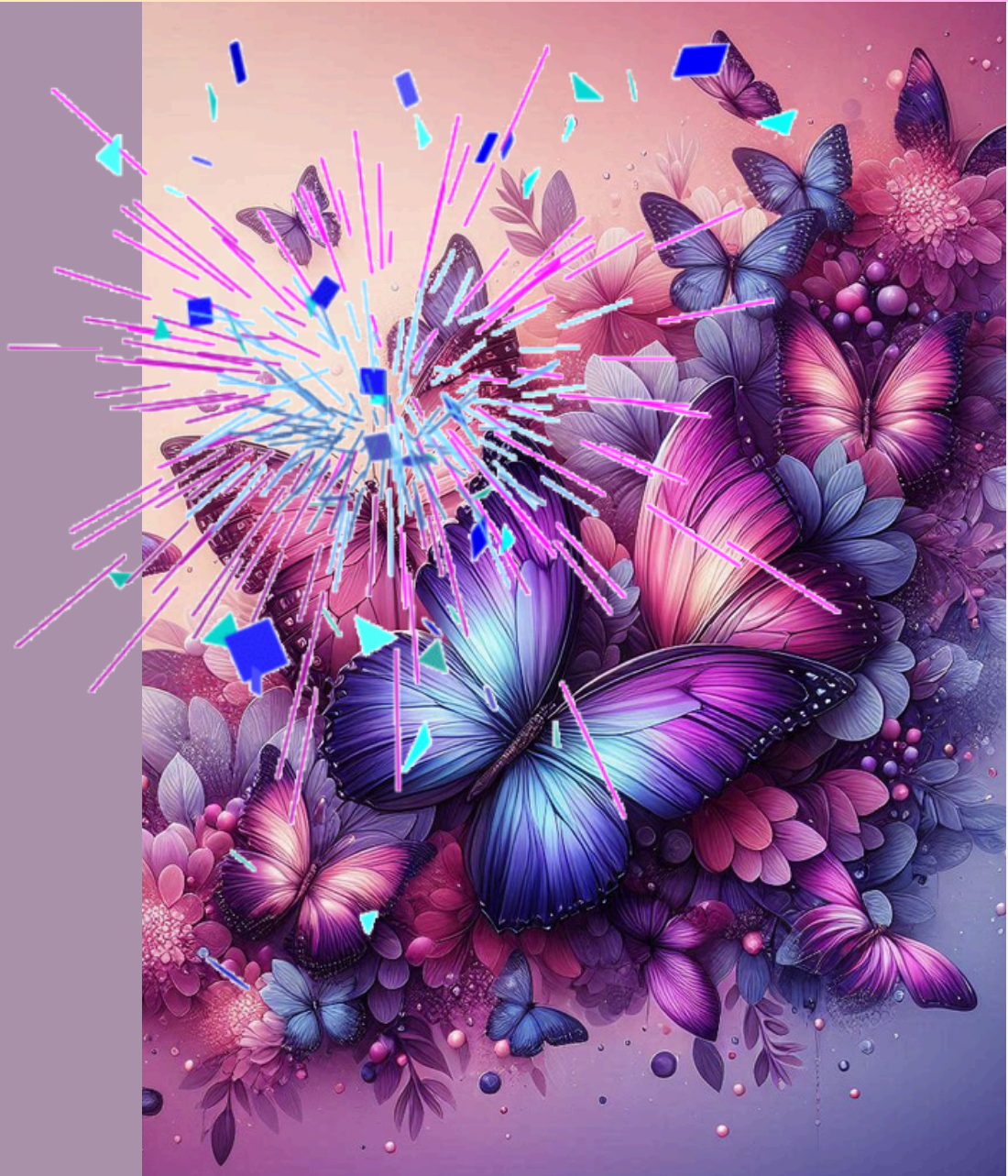
Off to College



Tap to Shop

JEN'S PERSPECTIVE MAGAZINE

Celebrating 1 Year



Established June 2024

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subscription today.

12 issues a year filled with reasons to
laugh, live and love, while making lasting
memories.

Something for
Everyone

From Family, Holidays, Food, Pets,
Heritage, Making a Positive Difference and
movies, music and books to try. Find
something new every month.

NATIONAL CHEESE PIZZA DAY

On September 5th, National Cheese Pizza Day says, “Hold the toppings!” That’s right, cheese is all you need when celebrating this pizza holiday. Whether the pie is homemade or ordered in, make it cheese only.

Add a variety of cheeses to your pie to celebrate. Smokey gouda or a little gorgonzola might mix it up. If you like a little cheddar, mild or sharp shredded across the top will do. Debates prevail over thin or thick crust. However, that debate is for another day. The cheese holds the spotlight on this occasion. In fact, thin-crust doesn’t even have a day. How did that happen? However, deep-dish does. Check out April 5th for more information about it. And National Pizza Day gets piping hot on February 9th.

We do know a few things about pizza in general, though. In ancient Greece, they covered their bread with oils, herbs and cheese. Many believe this to be the beginning of the pizza. In Byzantine Greek the word was spelled πίτα, or pita, meaning pie. The Romans also developed a version of the pizza pie. Using bay leaves for flavoring, the Romans topped the dough with cheese and honey.

When it comes to the modern pizza, we turn to Italy. Their Neapolitan flatbread created the beginnings of the pizza we know and love today. It was topped with mozzarella cheese made from high-quality buffalo milk.



In the United States, we love our pizzas, especially cheese pizza. In 1997, it’s estimated the United States produced more than 2 billion pounds of pizza cheese. That’s a lot of cheese! Our passion for pizza began in 1905 when the first pizza eaty oped in New York’s Little Italy. It’s been a cheese love affair ever since.

EXPLORE MORE...

NATIONAL PIZZA PARTY DAY
NATIONAL PEPPERONI PIZZA DAY
NATIONAL DETROIT STYLE PIZZA
NATIONAL SAUSAGE PIZZA DAY
NATIONAL PIZZA MONTH
ITALIAN AMERICAN HERITAGE MONTH
PIZZA WITH THE WORKS EXCEPT
ANCHOVIES DAY

Use #NationalCheesePizzaDay to post on social media.

National Coffee Ice Cream Day



On September 6th National Coffee Ice Cream Day permits us to indulge in a caffeinated dessert. Coffee lovers will delight in the opportunity, especially if they also enjoy ice cream.

The cool and creamy result of our morning java in a refreshing dessert magnifies the celebration. While not everyone drinks coffee, some like the flavor in desserts. So this day may interest even those who don't wake up to the smell of freshly brewed coffee in the morning.

Besides, when caffeine finds its way into a frozen, creamy blend, it's nearly irresistible. Coffee ice cream has been around for many years. In 1869, coffee ice cream was used in a parfait. One recipe appeared in a 1919 cookbook for Egg Coffee, consisting of cream, crushed ice and coffee syrup.

Howard Johnson's serves coffee ice cream as one of their standard menu items. According to Foodtimeline.org, since at least the 1960's coffee is listed right along with vanilla, chocolate, banana, macaroon and coconut.

One thing is for certain, coffee ice cream and chocolate will almost always go well together. Serve a scoop over a dark chocolate cake and the celebration will be complete. Include it in you Labor Day festivities.

Explore More...

[National Ice Cream Day](#)
[Chocolate Ice Cream Day](#)
[Creative Flavors Ice Cream Day](#)
[Vanilla Ice Cream Day](#)
[Peach Ice Cream Day](#)
[Strawberry Ice Cream Day](#)
[Soft Ice Cream Day](#)
[Ice Cream for Breakfast Day](#)
[National Ice Cream Month](#)
[National Ice Cream Soda Day](#)
[National Root Beer Float Day](#)
[National Black Cow Day](#)
[National Baked Alaska Day](#)

HOW TO OBSERVE #CoffeeIceCreamDay

Indulge in some coffee ice cream. Swap recipes and discover new flavors. Use #CoffeeIceCreamDay to post on social media.



NATIONAL COFFEE DAY

Whether getting one to go or lingering over a second cup, on September 29 be sure to observe National Coffee Day!

Ah, the perfect cup of java. According to an expert cupper (a professional coffee taster), there are four components of a perfect cup: aroma, body, acidity, and flavor.

From the moment the average coffee lover opens a fresh bag of coffee beans, the aroma beckons, percolating the senses. Even those who don't drink coffee tend to enjoy the fragrance roasted beans cast.

GROWING, ROASTING, AND BREWING

When determining the body of a coffee, the bean, the roast, and the brew are all factors. The bean affects the texture of the coffee, whether its silky, creamy, thick or thin on the tongue and throat. However, the darker the roast and how we brew it will alter the feel of a coffee's body, too. Grandpa's motor oil blend versus the coffee shop around the corner's silky smooth, well-practiced grind have entirely different bodies.



Where a coffee bean grows determines its acidity. The higher the elevation the coffee grows, the higher the quality and the acidity. These coffees are considered brighter, dryer, even sparkling by cuppers.

When it comes down to it, coffee lovers cherish the flavor as well as the caffeinated boost this roasted bean gives morning or night, black or with cream and sugar. Hot or cold it provides enjoyment even when decaffeinated!

HOW TO OBSERVE #NationalCoffeeDay

Enjoy a cup or two of your favorite coffee. Here is a Coffee Brewing Guide to help create your own. Use #NationalCoffeeDay to post on social media.

NATIONAL CHICKEN



MONTH



FOR OVER TWO DECADES, THE NATIONAL CHICKEN COUNCIL HAS BANDED TOGETHER WITH MAJOR CHICKEN PRODUCERS IN THE U.S. TO PROMOTE CHICKEN SALES IN SEPTEMBER. AS A RESULT, SEPTEMBER IS KNOWN AS NATIONAL CHICKEN MONTH! THIS ONCE SLOW MONTH, AS THE SUMMER GRILLING SEASON WANED, HAS TURNED INTO ONE OF THE YEAR'S BEST PERFORMING SALES PERIODS. SEPTEMBER MIGHT BE THE MONTH WE FIND OUT WHICH CAME FIRST, THE CHICKEN OR THE EGG.

FIRST DOMESTICATED FOR COCKFIGHTING, THE CHICKEN EVENTUALLY MADE ITS WAY TO THE DINNER TABLE. MANY FAMILIES HAVE THEIR OWN HOMEMADE SPICE RECIPES. A MAJOR PART OF ENJOYING CHICKEN IS THE SPICING. FOOD EXPERTS HAVE DEBATED FOR YEARS ABOUT THE CONTENTS OF KFC. WHITE PEPPER, PAPRIKA, AND EVEN THOUSAND-ISLAND DRESSING ARE AMONG THE ELEVEN HERBS AND SPICES SUPPOSEDLY IN THE COLONEL'S RECIPE.

THERE ARE 25 BILLION CHICKENS IN THE WORLD, MAKING THEM THE MOST ABUNDANT BIRD SPECIES. DID YOU KNOW ALL VERTEBRATE SPECIES LAY EGGS? AND, ALL HARD-SHELLED VARIETY EGGS ORIGINATED WITH REPTILES? CHICKENS, LIKE MANY BIRDS, ARE DESCENDANTS OF THE DINOSAURS. CHICKENS ARE RELATIVELY CLOSELY RELATED TO REPTILES ON THE EVOLUTIONARY CHAIN. IN RECENT DECADES, MANY RESEARCHERS HAVE STARTED DESCRIBING DINOSAURS AS MORE LIKE FLIGHTLESS BIRDS THAN REPTILES. EVEN THOUGH CHICKENS ARE NOT ENTIRELY FLIGHTLESS, THEY CAN GET AIRBORNE ENOUGH TO GET OVER A FENCE OR INTO A TREE.

WINNER! WINNER!
CHICKEN DINNER!

HOW TO OBSERVE

EVER WONDER WHY SO MANY DIFFERENT MEATS LIKE RATTLESNAKE AND ALLIGATOR APPARENTLY TASTE LIKE CHICKEN? SEVERAL EXPLANATIONS POINT TO WHY MAINSTREAM AMERICANS TEND TO HAVE LIMITED EXPERIENCE WITH JUDGING FLAVOR. OUR TASTE BUDS, IN OTHER WORDS, ARE NOT FINELY TUNED. OUR MEAT EXPERIENCES ARE LIMITED MOSTLY TO BEEF, PORK, AND CHICKEN. A GOURMET WITH A SEASONED PALETTE HAS A BROADER EXPERIENCE, WHICH MAKES THEM MORE APT TO IDENTIFY EXOTIC MEATS LIKE RATTLESNAKE AND ALLIGATOR.

THERE ARE SEVERAL WAYS TO OBSERVE NATIONAL CHICKEN MONTH. WE RECOMMEND TRYING A NEW RECIPE. WHETHER YOU CHOOSE WHITE MEAT, DARK MEAT, FRIED, BROILED, BAKED OR WARMED OVER, PREPARE YOUR CHICKEN THE WAY YOU LIKE IT! USE #NATIONALCHICKENMONTH IN SOCIAL MEDIA CORRESPONDENCE

SOME OF OUR FAMILY FAVORITES

[White Chicken Chili](#)

[Mushroom Swiss Chicken](#)

[Easy Orange Chicken](#)

[Chicken Alfredo Caprese](#)

NATIONAL HONEY MONTH

Honey is a sweet and viscous fluid produced by honey bees, and derived from the nectar of flowers. According to the United States National Honey Board and various international food regulations, "honey stipulates a pure product that does not allow for the addition of any other substance...this includes, but is not limited to, water or other sweeteners".

Honey is Not All the Same

Honey is available in many varieties! Did you realize that honey is available in many different varieties? When bees visit mostly one kind of flower as they gather nectar, the honey they produce has a unique taste, aroma and color from that particular flower. Other honeys are delicious blends of floral sources (look for Mixed Flower, Polyfloral, Wildflower). The Honey Locator is a website you can use to find suppliers of these many varieties of honey.

September is significant for honey producers as it is the month that marks the end of the honey collection season for many beekeepers in the United States.

Honey and its use

The main uses of honey are in cooking, baking, as a spread on breads, and as an addition to various beverages such as tea and as a sweetener in commercial beverages. Because honey is hygroscopic (drawing moisture from the air), a small quantity of honey added to a pastry recipe will retard staling.



Medicinal uses and health effects of honey

Topical honey has been used successfully in a comprehensive treatment of diabetic ulcers when the patient cannot use other topical antibiotics. Some studies suggest that the topical use of honey may reduce odors, swelling, and scarring when used to treat wounds.

Raw honey also contains enzymes that help in digestion, several vitamins and antioxidants. Honey may also prevent the dressing from sticking to the healing wounds.

Honey has been shown to be an effective treatment for conjunctivitis in rats.

Honey (especially when combined with lemon) is often taken orally by pharyngitis and laryngitis sufferers, in order to soothe them.

Honey has been a part of many folk cures, it is common and cheap (compared to pharmaceuticals), and cannot be patented.

A Honey for All Skins

Skin is the body's largest organ and its most exposed. Throughout life, the skin comes into contact with more damaging conditions and environments than any other part of the body. Pamper it with one of the world's oldest skin care secrets, honey. [read more http://www.honey.com/consumers/sb/skins.asp](http://www.honey.com/consumers/sb/skins.asp)

NATIONAL MONTE CRISTO DAY

On September 17th, National Monte Cristo Day recognizes the indulgent and delicious sandwich.

A Monte Cristo is a fried ham and cheese sandwich. The French sandwich called the croque-monsieur inspired the Monte Cristo. However, the sandwich goes by other names, too. If you find a menu with French Sandwich, Toasted Ham Sandwich, or a French Toasted Cheese Sandwich, order them for a taste of Monte Cristo.

While the Monte Cristo typically offers a savory sandwich, sometimes powdered sugar and jam preserves sweeten it, too. To achieve the crispy outer coating, chefs dip the prepared sandwich in an egg batter. Then they either pan-fry or deep-fry the sandwich to perfection.

Occasionally, variations include sliced turkey and different types of cheese. Other options for serving are available, too. For example, some like to serve a grilled version. Another version may be served open-faced and heated under a grill or broiler.



Explore More...

[National Sandwich Day](#)

[National Hoagie Day](#)

[Jen's Super Sandwich](#)

[Easy Philly Cheesesteak](#)

[Ultimate Family Sandwich](#)

[Chipolte Turkey Panini](#)

[National French Dip Day](#)

[National Cheesesteak Day](#)

[National Hot Pastami Sandwich Day](#)

[National Sandwich Month](#)

[National Cuban Sandwich Day](#)

[National Fluffernutter Day](#)

[National Grilled Cheese Sandwich Day](#)

[National Cuban Sandwich Day](#)

HOW TO OBSERVE #IceCreamSandwichDay

Enjoy an ice cream sandwich today! Make your own, or listen for your local ice cream truck. Post on social media using #IceCreamSandwichDay.

NATIONAL GUACAMOLE DAY

National Guacamole Day on September 16 brings fresh flavors together for the perfect celebration. What a great way to kick off Hispanic Heritage Month!

Avocados shine as the star of this dip! Lime juice, tomatoes, onion, and seasonings make guacamole a guilt-free addition to any snack or meal.

Since avocados fall under the superfood category, feel free to indulge. Packed full of good fats and nutrients, along with the fresh taste of lime and hint of spice, the dip is flavorful. It's easy to make, too. Take it to work or use it for a party dish.

Guacamole is versatile, too. For example, add it as a topping on a quesadilla or even add it to a salad. Of course, the simplest way to enjoy is by dipping your favorite tortilla chip.

Originating with the Aztecs in Mexico, guacamole is an avocado-based sauce that has become popular in American cuisine as a dip, condiment, and salad ingredient.

Using a mortar and pestle, mash ripe avocados and then mixing in sea salt. Beyond the tomatoes, onion, garlic, and lemon juice, hot sauce, yogurt or other seasonings can be added. If a celebration calls for spicier guacamole, add jalapenos, chilis, cumin, or red pepper.



Explore More...

[National Taco Day](#)

[Family Taco Night](#)

[National Quesadilla Day](#)

[National Tamale Day](#)

[National Nachos Day](#)

[Jens Loaded Nachos](#)

[National Totilla Chip Day](#)

[National Fajito Day](#)

[National Avocado Day](#)

[Tres Leche Cake](#)

[National Empanada Day](#)

[Totally Chipolte Day](#)

[Spicy Guacamole Day](#)

[National Salsa Month](#)

HOW TO OBSERVE #NationalGuacamoleDay

Mix up your favorite recipe for guacamole. Go to your favorite restaurant and order some fresh guacamole. While there, give a shout out to the restaurants with the best guacamole around. Be sure to invite friends. As we say around here, why #CelebrateEveryDay if you don't do it with friends? Share your recipes and find the best combination. Use #NationalGuacamoleDay to share on social media.



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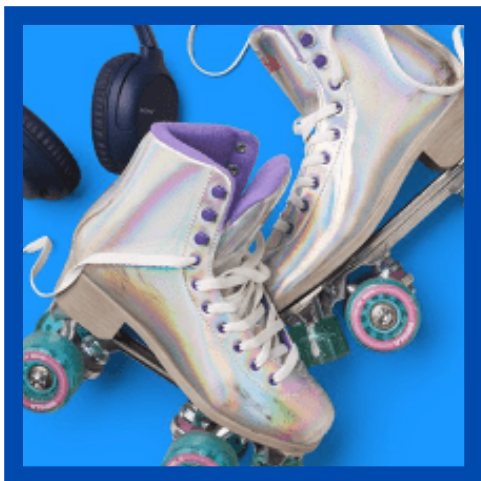
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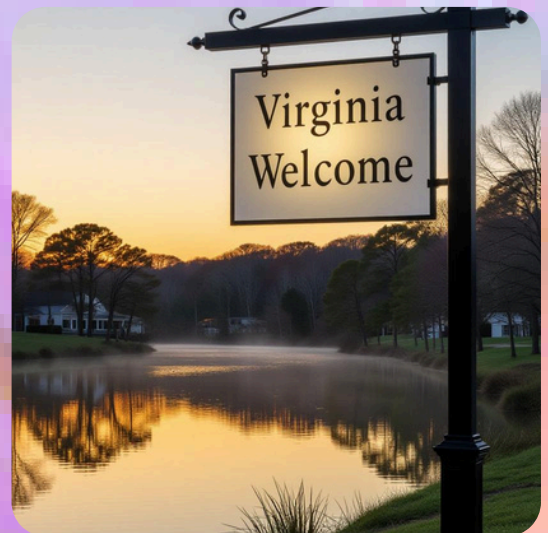


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