

Jen's Perspective



2025

ODE TO OCTOBER

Ode To October

NOTEWORTHY

Editors Note	03
Universal Music Day	04
National Bullying Prevention Month	05
National Breast Cancer Awareness Month	06
National Color Day	07
National Book Month	08



National Photographer Appreciation Month	9
National Chess Day	10
The Fire of October: Unveiling the Mystique of the Opal	11
Opals for October	12
National Black Cat Day	13
National Sports Day	14
National Ipad Day	15
International Legging Day	16
Prime Days 7 & 8	17
Halloween Shop	18



Jen's Perspective Magazine	19
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FROM THE KITCHEN

National Apple Month	20
National Pumpkin Spice Day	21
National Frappe Day	22
National Pumpkin Cheesecake Day	23
National Dessert Day	24
National Pizza Month	25
National Angel Food Cake Day	26
State Days to Celebrate	28
Amazon Auto	29



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

Hello and welcome to a truly spectacular October issue of Jen's Perspective!

If April is the cruellest month, then October is its generous counterpart—a month that overflows with sensory delights and meaningful transitions. It's a time when the air turns crisp, the leaves blaze with color, and the light takes on a golden, nostalgic glow. This issue is our heartfelt Ode to October, a celebration of its unique blend of reflection, coziness, and vibrant energy.

We begin with depth and purpose, honoring National Book Month and National Bullying Prevention Month. These observances remind us of the power of stories to build empathy and the importance of creating safe, kind communities. In that same spirit of appreciation, we turn our lens to the artists who capture the world's beauty, celebrating Photographer Appreciation Month.

October's rhythm is set to a diverse soundtrack. From the universal language of music on Universal Music Day to the nostalgic click-wheel of National iPod Day, it's a time for auditory joy. And what would October be without a little whimsy and superstition? We're tipping our hats to the strategic minds on National Chess Day, paying tribute to the elegant mystery of National Black Cat Day, and getting ready to move on International Leggings Day (whether for a workout or a cozy day in).

This is also a month of profound awareness, and we stand in solidarity during Breast Cancer Awareness Month. It's a cause close to our hearts, reminding us of the strength and resilience within our community.

Of course, October is a feast for the senses, especially the palate. We explore the delicious paradox of the season: the light, airy delight of National Angel Food Cake Day alongside the rich, indulgent arrival of National Frappe Day, National Pumpkin Cheesecake Day, and the ubiquitous National Pumpkin Spice Day. Our culinary tour doesn't stop there, as we also celebrate National Pizza Month, National Apple Month, and the wonderfully specific National Pear and Pineapple Month.

We're also taking you on a journey through the landscapes that define autumn in America, from the rolling hills of Kentucky to the Green Mountains of Vermont, the coastal charm of Rhode Island, and the musical soul of Tennessee.

And because October is about looking forward, we have our eyes on the horizon with a peek at the Amazon Halloween Shop and the deals of Amazon Prime Days on October 7th & 8th. But before we get too ahead of ourselves, we pause to admire October's own jewel: the opal. In our feature, *The Fire of October: Unveiling the Mystique of the Opal*, we delve into the captivating beauty and lore of this month's birthstone.

So, dear readers, find a comfortable chair, perhaps with a warm drink in hand, and dive into our Ode to October. It's a month of fiery colors, cool breezes, and countless reasons to celebrate. We're so glad you're here to share it with us.

A handwritten signature in a cursive script, reading "Jennifer". The signature is written in a dark brown or black ink. The letter "J" is large and loops around, and the "V" at the end is a simple, elegant stroke.



On the second Saturday in October, Universal Music Day invites the general public to gather together and make music. It is also a day for people to express themselves in other creative ways. For this reason, the day is also known as Universal Self-Expression Day.

Many people say that music is a way to unite people around the world. Just consider these quotes about music uniting us all:

- Stevie Wonder – “Music is a world within itself, with a language we all understand.”
- Robert Plant – “Music is for every single person that walks the planet.”
- Pinchas Zukerman – “Music has the power to unite us. It proves that by working together, we can create something truly beautiful.”
- Sanchita Pandey – “Music with all its subtlety has immense power to unite people, spread love, and bring peace to the world!”
- Sean Combs – “Music is the most powerful form of communication in the world. It brings us all together.”

Even Nelson Mandela has stated, “Music is a great blessing. It has the power to elevate and liberate us. It sets people free to dream. It can unite us to sing with one voice. Such is the value of music.”

How exactly can music be so powerful? According to scientists, music stimulates more parts of the brain than any other human function. This is why some think that music has an effect on how the brain works. Psychologists say that music has the power to evoke emotion and pleasure. These emotional responses to music occur through reminiscing, synchronizing movements to music, and creating expectations. Through computational data, a group of anthropologists, biologists, and linguists found that music really is the universal language of mankind.

Explore More...

[National One Hit Wonders Day](#)
[International Blues Music Day](#)
[International Jazz Day](#)
[National Film Score Day](#)
[World Music Therapy Day](#)
[National Jazz Appreciation Month](#)
[National Chamber Music Month](#)
[National Jukebox Day](#)
[The Day the Music Died Day](#)
[The Day the Music Died Day](#)



National Bullying Prevention Month in October reminds us of the harm bullying does. It's always important to talk about the dangers of bullying and the trauma it can bring to its victims. However, this month, use your voice to speak up extra loud.

Research shows that bullying often leaves lasting negative effects on those who deal with it. These effects include chronic depression, increased risk of suicidal thoughts, anxiety disorders, post-traumatic stress disorder, poor general health, self-harm, substance abuse, and difficulty establishing trusting, reciprocal friendships and relationships. By speaking out, spreading kindness, and finding your other roles in bullying prevention, you are making school settings, workplaces, and other environments safer and happier places. We must send a message that bullying will not be tolerated in our communities, and now is the perfect time to start.

HOW TO OBSERVE #BullyingPreventionMonth

Take a stand against bullying. Spread the word about the negative effects bullying can and has caused. Use #BullyingPreventionMonth to post on social media. If you want to do what's best for your community, here are some great steps you can take to help stop bullying.

1. Learn more about the issue. The more informed and better educated you are, the better you can make an impact.
2. Practice what you preach. Children mock what they see, so be a good role model for the little ones around you.
3. Talk to your kids. Ask them about experiences at school, and make sure they feel comfortable and know they can always come to you if something happens.
4. Monitor what your child does online. Right now, cyberbullying is the fastest-growing type of harassment amongst young people.
5. Form a group in your community or school system that stands for bullying prevention. Some good sources of support for this may be local businesses, PTA's, local government, and service clubs in your area.



National Breast Cancer Awareness Month

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.

For more info visit:

<http://www.nationalbreastcancer.org/breast-cancer-awareness-month>

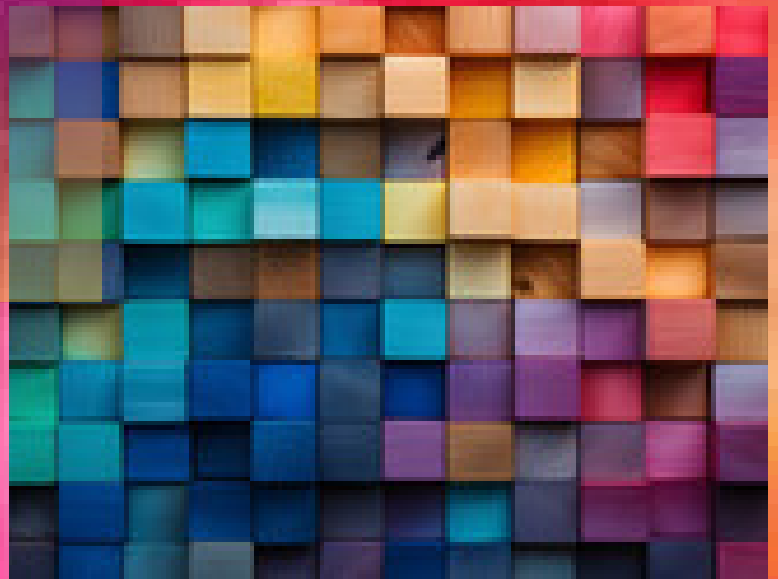
NATIONAL COLOR **DAY**



National Color Day focuses on the impact color has on each of us. The observance takes place each year on October 22nd. Color is powerful. It can affect a mood, draw attention, even cause alarm.

It is hard to imagine a world without color. Without color, we would nearly be blind. Doctors check for health through the color of a patient's skin. On a late, crisp autumn morning, sparkling frost and leaves changing from green to vermillion signal a change of seasons. A flush of color in the cheeks of a friend sends a cue of her embarrassment. The street light turns from green to yellow to red. In the Grand Canyon, layers of sediment range in color from black to pale ash. All these signs alert us to change through color.

Imagine a world without chrysocolla. This mineral formed from hydrated copper phyllosilicate develops colors from a brilliant cyan to jade green. From darkening skies before a storm to the undulating fragile glow of the aurora borealis, color in nature moves us to pause and enjoy or to warn us of impending danger. Long before colors had names, they served a purpose.



Colors accent our homes and feed our creativity, allowing us to express ourselves. Open a box of crayons or watercolors, and artists of any age lose themselves in a world of their own creation for hours.

Different colors are perceived to mean different things. The following is one rendition of the perceived meaning of the various colors in the United States.

- Red: Excitement – Love – Strength
- Yellow: Competence – Happiness
- Green: Good Taste – Envy – Relaxation
- Blue: Corporate – High Quality – Serenity
- Pink: Sophistication – Sincerity
- Violet/Purple: Authority – Power
- Brown: Ruggedness
- Black: Grief – Fear
- White: Happiness – Purity

EXPLORE MORE...

National Coloring Book Day

National Crayon Day

National Find A Rainbow Day

National Watercolor Month

National Crayon Collection Month

NATIONAL BOOK MONTH

Each October, National Book Month allows us to celebrate and expand our love of reading. As the warm temperatures start to leave us for the winter, it's the perfect time to put on some cozy slippers, have a cup of tea (or wine) and curl up on the couch with a good book. It's easy to get caught up in the busyness of everyday life and forget to enjoy the little things. Many of us put our relaxing hobbies like reading on the backburner, but this month, pick up a few new books and make time to read them. It's a great hobby to get into!

READING TO CELEBRATE

Reading is one of the best things you can do for your mental health, and research shows it also greatly improves vocabulary, spelling, and even memory. Here are a few other reasons you should get your nose buried in a great piece of literature this month.

- Reading provides mental stimulation. Just like any other muscle in our bodies, our brains need exercise and nourishment to help it stay strong and healthy. Studies have also shown that it can slow, or even prevent altogether, diseases like Alzheimer's and Dementia.
- It reduces stress. Reading has the power to take you to another place and help you forget about any stress going on in your life in the real world. Take a well-deserved break and sit down with a book.
- It provides you with knowledge. Even if you're reading fiction, everything you take in provides your brain with new knowledge... And that's something that can never be taken away from you.
- Reading expands your vocabulary and memory, according to research. The more you read, the more you get exposed to new words and expressions, which strengthens your personal vocabulary more and more each day. It improves your memory because it trains your brain to remember characters, plots, and other things that are happening in your book after you set it down.
- Last but certainly not least, it's free entertainment! And if you ask me, it's entertainment in the best form. When you read a book, your mind creates its own images of each character and setting, meaning the story is just a little bit different for everyone who reads it. It makes it more personal and exciting for you, and it provides entertainment that can last hours.



HOW TO OBSERVE #NATIONALBOOKMONTH

Pick up your favorite books and make some time to read them. Get to any new books you have been meaning to read. Use #NationalBookMonth to post on social media.



PHOTOGRAPHER APPRECIATION MONTH



In October, Photographer Appreciation Month reminds us to show a little extra appreciation to those who go the extra mile to capture the perfect moment and make it last forever.

Photographers have made it their duty to catch the most important moments in our lives on film so we can go back years later and remember what that time felt like. Sometimes, since they are usually in the background and putting everyone else in the spotlight, we forget how important their job really is. This month, show some extra love to photographers you know! In October, for many of us, the weather is changing and leaves are turning yellow and orange... What a perfect time to hire a photographer to take some stunning shots of you and your family or friends?

HOW TO OBSERVE #PhotographerAppreciationMonth

Show some appreciation to a photographer you know and use #PhotographerAppreciationMonth to post on social media. There are tons of easy ways to recognize photographers this month, and every month. Here are a few ideas to get you started.

- Find your favorite picture that a photographer you know has taken, and post it on Instagram, Facebook, Twitter, VSCO, or all four. Tag them so others can see their amazing work, and maybe that will even get them some more business!
- Hire a photographer to take some beautiful autumn pictures of you and friends or family. They love having busy schedules, especially young photographers who are just starting out and need as many clients as they can find.
- Give your photographer an extra little monetary tip. Unless photographers make it big, they often don't make too much money, and I guarantee they'll appreciate the gratuity!
- Learn some more about the art of photography. Snapping a picture may seem simple enough, but there's actually a lot that goes into getting that perfect photograph. Maybe when you learn some more, you can even take up photography with your smartphone or camera just for fun!

NATIONAL CHESS DAY



THE SECOND SATURDAY IN OCTOBER RECOGNIZES NATIONAL CHESS DAY. THE GAME CHALLENGES PLAYERS MENTALLY WHILE ALSO BREAKING DOWN BARRIERS THROUGH THE CENTURIES.

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.

Chess developed in India during the fifth century. As the strategic game spread across continents, the pieces and rules evolved. It also shifted between classes. Once, only the upper class could afford to linger over a long, challenging game. However, the merchant class would later introduce the game to the rest of the population as they traveled around the world trading their wares.

In the game of chess, two opponents go head to head with 16 playing pieces each. These pieces include eight pawns, two rooks, two knights, two bishops, one queen and one king in each color. Their objective is to capture the opponent's king through a series of strategic moves.

The day celebrates the long history of chess and recognizes the role chess plays in connecting people across societies. The game has broken many barriers – class, language, and cultural – simply by two people sitting down to play one of the most mentally challenging games in the world.

EXPLORE MORE...

[National Play Monopoly Day](#)

[National Scrabble Day](#)

[According to Hoyle Day](#)

[Crossword Puzzle Day](#)

[National Card Playing Day](#)

[National App Day](#)

[National Trivia Day](#)

[National Poker Day](#)

[National Words With Friends Day](#)

[National Puzzle Day](#)

[National Retro Day](#)

[National Solitaire Day](#)

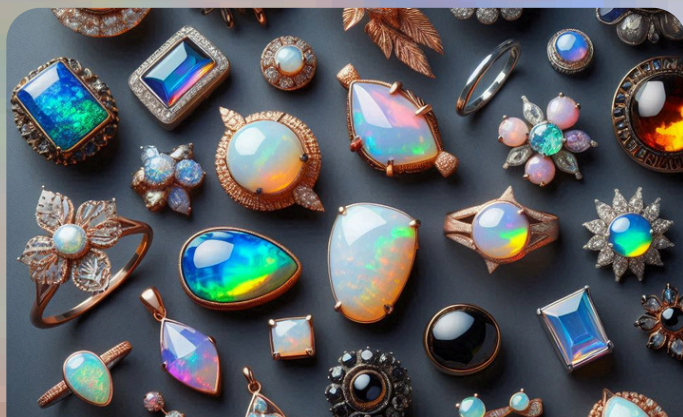
[National Video Games Day](#)

The Fire of October: Unveiling the Mystique of the Opal

As the leaves transform into a tapestry of gold and crimson, October arrives with a whisper of crisp air and a gemstone that captures the very essence of this magical transition: the opal. As the leaves transform into a tapestry of gold and crimson, October arrives with a whisper of crisp air and a gemstone that captures the very essence of this magical transition: the opal. Unlike any other birthstone, the opal holds a universe within its depths. With its mesmerizing play-of-color, it dances with flashes of ruby red, sapphire blue, and emerald green, all swirling against a milky or inky backdrop. To own an opal is to possess a tiny, captured sunset, a bolt of lightning, or a flickering flame, making it a perfect emblem for a month that so beautifully balances the fading warmth of summer and the approaching chill of winter.

Steeped in ancient lore, the opal has long been a symbol of hope, purity, and truth. Various cultures attributed miraculous powers to this fiery stone. Arabic legends claimed it fell from the heavens in flashes of lightning, while the ancient Greeks believed it granted the gift of prophecy and protection from disease. For centuries, the opal was considered the most fortunate of all stones, a talisman embodying the virtues and powers of all the gemstones whose colors flashed within its heart. This rich tapestry of symbolism makes it far more than mere jewelry; it is a historical artifact of human belief and wonder.

No stone whispers the language of romance quite like the opal. Its internal fire is often compared to the passionate, ever-changing emotions of the heart. In the Victorian era, opals were intensely popular as tokens of affection, symbolizing deep and ardent love. Its kaleidoscopic nature reflects the many facets of a deep relationship—joy, desire, mystery, and devotion—all contained within a single stone. To give an opal is to promise a love that is dynamic, vibrant, and full of captivating fire, making it an profoundly intimate and symbolic gift for an October beloved.



Despite its beauty, the opal has been shadowed by a superstition that deemed it bad luck. This myth largely stems from a misrepresentation in Sir Walter Scott's 1829 novel, *Anne of Geierstein*, and was perpetuated by competitors in the diamond trade. In reality, throughout most of history, the opal was revered as a symbol of good fortune. Modern wearers can confidently embrace the opal's true nature: a stone of inspiration, creativity, and light. It encourages freedom of expression and originality, making it a beacon for artists, writers, and anyone who dares to dream in color.

From its celestial origins in ancient myths to its passionate symbolism in the language of love, the opal is a gemstone of profound depth and beauty. It is a testament to nature's artistry, a stone that challenges the monotony of a single hue by celebrating a spectrum of light. For those born in October, it is a fittingly complex and dazzling birthstone. To wear an opal is to carry a piece of magic—a constant, shimmering reminder that true beauty lies in embrace of change, the play of light, and the fire within.



NATIONAL BLACK CAT DAY

Don't be superstitious on National Black Cat Day! October 27th celebrates the beauty of these sleek creatures. The day also seeks to raise awareness about the low adoption rates for black cats.

This time of year, many black cats may decorate many thresholds for Halloween and windows for spooky decor. However, these felines deserve the love and attention just as much as their tabby equivalents. Old notions have given these furry critters a bad reputation. The day is about turning that reputation around.

NATIONAL BLACK CAT DAY HISTORY

Cats Protection, an animal charity in the United Kingdom, founded National Black Cat Day to raise awareness concerning the lower rates of adoption for black cats.

HOW TO OBSERVE #BLACKCATDAY

If you are a cat lover and considering adopting, don't overlook the ebony to go with your ivory. Knock those irrational fears to the door and open your home to the dark side! Visit a shelter near you and explore the ebony options available in the cat room. Volunteer if you don't have the opportunity to adopt. You'll be able to spread the word about these svelte beauties. Despite their look, they each exhibit a different persona.

If your home is graced with a black cat, share photos of your fine feline on social media. Let the world know there's nothing to fear.

Use #BlackCatDay to share on social media.



EXPLORE MORE...

[National Cat Day](#)
[Global Cat Day](#)
[Ginger Cat Appreciation Day](#)
[Black Cat Appreciation Day](#)
[National Kitten Day](#)
[Adopt A Cat Month](#)
[Opt – To – Adopt](#)
[Love Your Pet Day](#)
[National Hug Your Cat Day](#)
[National Pet Day](#)
[National Adopt A Shelter Pet Day](#)
[Adopt a Senior Pet Day](#)
[Operation Santa Paws](#)
[National Black Cat Day](#)
[International Cat Day](#)
[National Pet Day](#)



NATIONAL SPORTS DAY

October is a prime time for National Sports Day. That's why on October 16th, the fans, families, and athletes of all the sports converging on the month come together to celebrate their favorite athletic events. All disciplines of a sport take the field, from the youngest to the seasoned professional.

While golfers hit the links to get at least nine more holes before the snow flies, hoopsters gear up for the season ahead. The puck hits center ice early in October, while baseball aims for the bleachers and clears the bases.

Football is heating up with tackles, kicks, and offsides. Don't forget, volleyball digs midseason, too. Runners in most of the country love October. Events like 5k, half, and full marathons throughout the nation feature opportunities to enjoy the fall weather and beautifully changing landscapes. In the Western Hemisphere, families gather to watch soccer's final kickoff. The intensity builds, and every game ends with memories of wicked kicks or the goalie's best save.

From a young age, family road trips took many to cheer on siblings in a variety of sports. We hauled our gear from place to place, and the team knew the season was drawing to a close when the duffle bags began to smell.

We played soccer and did gymnastics. My team even won the district championship. Those strengths and lessons stayed with me as an adult. Team work translates easily from the field to a workplace.

HOW TO OBSERVE #NATIONALSPORTSDAY

Gather your friends to enjoy watching your favorite team. Get out and play, too. No matter your skill level, relishing the challenge and physical activity will be worth it. Besides, getting together with friends and family to celebrate a favored pastime is one of the best ways to Celebrate Every Day®. And when you do, take a team photo and share it using #NationalSportsDay.

National IPOD Day

National iPod Day on October 23rd recognizes the portable music device.

Apple introduced the iPod on October 23, 2001. The iPod changed the way we listened to and purchased music. The first iPod was sold on November 10, 2001, for \$399. iPod Day pays recognition to this groundbreaking technology and the many people it impacted.

The device also changed the way we told stories, too. Those who had something to broadcast could record them. They would upload the broadcast for a listener. Listeners would tune-in by downloading the podcast. Thousands of apps offer ways to listen to podcasts today.

Today, let's also take a moment to remember Steve Jobs, co-founder, chairman, and chief executive officer of Apple Inc.

Why We Love National iPod Day

- We can't go back iPod changed the trajectory of the music industry, and its impact on the way the world consumes music cannot be overstated. On October 23, we raise a toast to this bite-sized wonder.
- Jobs, the genius Steve Jobs pushed for the iPod because he actively disliked the heavy design of the Mp3 players of his time. Little did he know that it would be the humble iPod that would make Apple the most valuable company on Earth.
- Nostalgia is powerful The iPod is a reminder of simpler times before the advertising industry took over our streaming platforms and hyper-commercialized the experience of listening to new music. On National iPod Day, bask in the nostalgia of pre-Instagram times.

Jen's Perspective Playlists

[The Blues Playlist](#)
[Upsy Daisy Day Playlist](#)
[Party Playlist](#)
[Jazz Playlist](#)
[Valentines Playlist](#)
[November Playlist](#)
[Christmas playlist](#)
[Jazz Saxophone Playlist](#)
[One Hit Wonders Playlist](#)
[Brave Day Playlist](#)
[Happiness Playlist](#)
[Wedding Playlist](#)
[Lucifer Playlist](#)
[Summer Fun Playlist](#)
[Vinyl Favorites](#)
[The Music from Musicals Playlist](#)
[Feeling Good Playlist](#)
[Patriotic Playlist](#)

HOW TO OBSERVE **#IPOD Day**

Play music on your iPod or any mobile device in honor of the revolutionary technology that changed the way we listen to music. Share your first iPod and your favorite playlist. How many playlists do you have? Do you have a favorite podcast or produce one? #iPodDay to post on social media.





Get geared up for International Legging Day every October 18th. Although it's a year-round staple, when temps drop in the fall, it's officially legging season!

Once a necessity providing an added layer of warmth, the legging is now an iconic style combining comfort and fashion. Leggings truly set a trend in the 1950s and '60s as a standard wardrobe piece and workout essential.

Over time, breathable materials, textures, designs, and prints ushered in the undeniable era of leggings. Now, modern-day leggings are feats of engineering designed to enhance your workout. While they continue to be a gym essential, legging styles are now so versatile that they're widely acceptable to wear as pants. In a wide range of looks, comfortable leggings offer something for everyone.

Share your favorite looks and styles by using **#LeggingDay** on social media on October 18th.

As the popularity of athleisure skyrockets, so too does the mass appeal of the legging. Clearly, this comfortable, curve-hugging style hasn't just revolutionized what we wear to the gym—it's revolutionized what we wear everywhere! The versatile legging has sparked a global revolution that encourages women to embrace comfort and stay active.

EXPLORE MORE...

[National Sock Day](#)

[National Flip Flop Day](#)

[National Dress Day](#)

[National Hat Day](#)

[National Scarf Day](#)

[National Handbag Day](#)

[National Bikini Day](#)

[Wear Something Gaudy Day](#)

[National Fashion Day](#)

[Ugly Christmas Sweater Day](#)

[National Plus Size Appreciation Day](#)

[Faux Fur Friday](#)

[National Tie Month](#)

[Straw Hat Month](#)



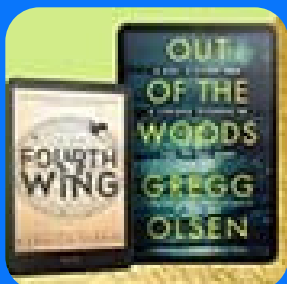
Amazon Prime Days

October 7 & 8

Up to 40% off during
Prime Big Deal Days

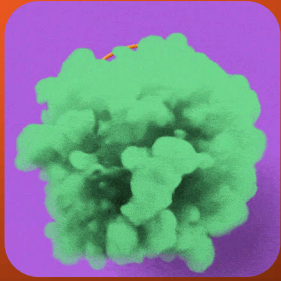


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Prime membership



Tap to Shop

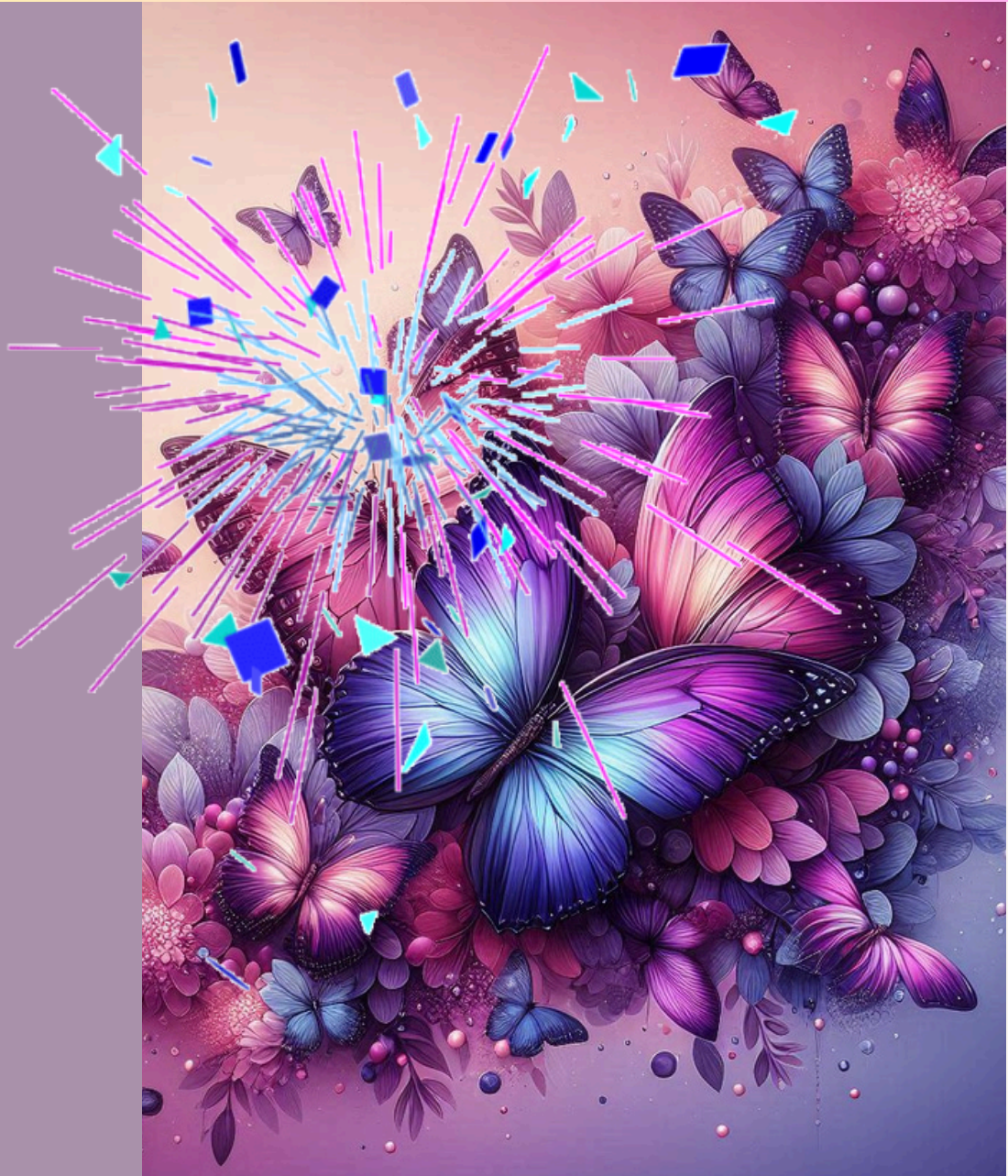
Shop Halloween



Tap to Shop

JEN'S PERSPECTIVE MAGAZINE

Celebrating 1 Year



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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 APPLE MONTH

NATIONAL APPLE MONTH IN OCTOBER PROMOTES THE SALES OF APPLES. SINCE THE SEASON IS RIPE FOR APPLE RECIPES, NATIONAL APPLE MONTH MAKES SURE YOU HAVE ALL THE INFORMATION YOU NEED TO PREPARE ALL THE MOUTHWATERING PRESERVES, PASTRIES, AND DESSERTS ON YOUR LIST.

THROUGHOUT THE MONTH, APPLE DISPLAYS EXPLODE IN RETAILERS ACROSS THE COUNTRY.

COMPLEMENTARY PRODUCTS MAKE THEIR APPEARANCE AND FILL CONSUMERS WITH REMINDERS OF THE WAYS APPLES FILL THE WISH LISTS OF FAMILY AND FRIENDS DURING THE HOLIDAYS. WHETHER WE ENJOY HOMEMADE APPLE BUTTER OR FRESH-BAKED PIES, OR SIMPLY A RIPE APPLE, THE INDUSTRY HAS US COVERED! SALES AND DISTRIBUTORS ARE PREPARED TO MEET THE DEMAND, SO ALL YOU HAVE TO DO IS DELIGHT IN THE GOODNESS OF THE OVER 200 DIFFERENT VARIETIES OF APPLES AVAILABLE IN THE UNITED STATES.

IN 1905, CAPTIAN JAMES HANDLY OF QUINCY, IL UNITED GROWERS ACROSS THE UNITED STATES TO SUPPORT AN ANNUAL OBSERVANCE OF NATIONAL APPLE DAY. THE MOVEMENT JOINED GROWERS, DISTRIBUTORS, AND SALES IN THE PURPOSE OF INCREASING SALES AND IMPROVING AWARENESS OF THE PRODUCT THEY PROVIDED TO THE GENERAL PUBLIC. THEIR ENDEAVOR THAT STARTED IN 1905 GREW INTO A WEEK AND THEN A MONTH-LONG CELEBRATION. BY 1973, NATIONAL APPLE MONTH BECAME AN ANNUAL EVENT THAT'S LOOKED FORWARD TO BY PRODUCERS AND CONSUMERS ALIKE. TODAY, THE U.S. APPLE ASSOCIATION SUPPORTS THE ANNUAL EVENT AND THE INDIVIDUAL ORGANIZATIONS INVOLVED.



HOW TO OBSERVE #NationalAppleMonth

NATIONAL APPLE MONTH IN OCTOBER PROMOTES THE SALES OF APPLES. SINCE THE SEASON IS RIPE FOR APPLE RECIPES, NATIONAL APPLE MONTH MAKES SURE YOU HAVE ALL THE INFORMATION YOU NEED TO PREPARE ALL THE MOUTHWATERING PRESERVES, PASTRIES, AND DESSERTS ON YOUR LIST.

GRAB AN APPLE AND USE #NATIONALAPPLEMONTH TO POST ON SOCIAL MEDIA.

Explore More...

APPLE BETTY DAY

APPLE PIE DAY

NATIONAL APPLE STRUDEL DAY

CARMEL APPLE DAY

EAT A RED APPLE DAY

JOHNNY APPLESEED BIRTHDAY

APPLE CIDER DAY

SOUR APPLLETINI

JOHNNY APPLESEED MARCH

NATIONAL PUMPKIN SPICE DAY.

What do cinnamon, ginger, cloves, allspice, nutmeg, and October 1 have in common? They are all part of National Pumpkin Spice Day.

We divide the world into factions. Left vs. right. Solar vs. gas. Privacy vs. freedom of information. But if you really want to turn a conversation on its head, divide the room into pumpkin spice vs. anti-pumpkin spice.

Right about the time school starts (and some of them start in early August), pumpkin spice lovers begin waxing poetically about fall and their favorite flavor. It's not all on the shoulders of the pumpkin spice lover, though. Coffee shops, bakeries, and stores on every corner begin selling their pumpkin spice merchandise.

Pumpkin spice ushers in the savory-sweet season of autumn like no other spice combination does. It conjures up images of fall foliage littering paths on a cool morning. But pumpkin spice isn't just a flavor – it's a personal style. The burnt umber, harvest gold, and cinnamon toast sprinkles home décor, apparel, and even decorates parties and weddings.

When you boil it down, though, pumpkin spice comprises wholesome ingredients that remind us of a warm hearth and the bounty of the harvest. What could be better than that?

HOW TO OBSERVE

#NationalPumpkinSpiceDay

These days, pumpkin spice can be celebrated in any number of ways. We even offer a list to get you started.

- Mix up your own pumpkin spice blend using cinnamon, ginger, cloves, allspice, and nutmeg.
- Bake a pumpkin pie.
- Experiment with pumpkin spice flavor in your favorite baked goods recipes.
- Slip into the nearest coffee shop for their best pumpkin spice brew.

However you celebrate, be sure to use #NationalPumpkinSpiceDay on social media.

Explore More...

[National Coffee Day](#)

[International Coffee Day](#)

[National Frappe Day](#)

[Irish Coffee Day](#)

[National Espresso Day](#)

[National Latte Day](#)

[National Cappachino Day](#)

[National Chai Day](#)





NATIONAL FRAPPE DAY

National Frappe Day on October 7th honors a versatile drink with numerous combinations, so there are flavors to suit everyone. Frappes typically are blended drinks made with either coffee or espresso and topped with whipped cream..A Frappe may also refer to.

- Frappe coffee – a blended coffee beverage
- A frozen fruit-flavored dessert made with shaved ice
- A milkshake
- Any blended frozen beverage, including a more savory drink made with clam juice

Recipes for coffee frappes can be found in the late 1890s. These blended beverages refreshed and delighted. Adding cream gave the beverages a smoother texture. Even a blended, frozen tea on a warm day took on a whole new flavor. The tastes and recipes have come a long way from their beginnings in the 1980's. Now you can have your choice of places to get one. McDonald's, Starbucks, Dunkin, and even make them at home. You can pick your favorite flavor or use a copycat recipe out there. Enjoy this cool treat on a hot day.

Explore More...

National Chai Day
National Bubble Tea Day
National Matcha Day
Café Au Lait Day
National Coffee Milkshake Day
Coffee Ice Cream Day
Peppermint Latte Day

HOW TO OBSERVE

#NationalFrappeDay

If you missed National Coffee Day, make up for it with this celebration. Stop by your favorite coffee shop and enjoy a Frappe with a friend. Or, enjoy one of the recipes below.

Coffee Frappe
Fresh Fruit Frappe
Pink Pineapple Frappe
Caramel Frappe for Two
Godiva Strawberry White Chocolate Mint Frappe

NATIONAL PUMPKIN CHEESECAKE DAY



Each year on October 20st, National Pumpkin Cheesecake Day ushers in the flavors of fall. Cheesecake is one of America's favorite desserts and by adding pumpkin, we celebrate the essential flavoring of the season.

This sweet dessert mixes fresh soft cheese, cream cheese or cottage cheese, eggs, and sugar to create a base. The crust is made from crushed graham crackers, crushed cookies, pastry or sponge cake. Pumpkin may be added to cheesecake recipes in various ways. For example, it may be swirled throughout, mixed thoroughly with all ingredients or layered. Bakers prepare cheesecakes both baked or unbaked. Some bakers flavor cheesecakes and top them with fruit, fruit sauce, chocolate or whipped cream.

An ancient form of cheesecake may have been a popular dish in ancient Greece. The earliest attested mention of cheesecake is by the Greek physician, Aegimus. He wrote a book on the art of making cheesecakes.

James Kraft developed a form of pasteurized cream cheese in 1912. In 1928, Kraft acquired the Philadelphia trademark and marketed pasteurized Philadelphia Cream Cheese. In fact, bakers use Philadelphia cream cheese more than any other to make cheesecake than any other.

HOW TO OBSERVE #PUMPKINCHEESECAKEDAY

Try one of the following recipes to celebrate:

Double Layer Pumpkin Cheesecake
Pumpkin Cheesecake Bars
Chocolate Pumpkin Cheesecake Bars
Caramel Pecan Pumpkin Cheesecake Bites
Pumpkin Cheesecake
Use #PumpkinCheesecakeDay to post on social media.

EXPLORE MORE . . .

[National Cheesecake Day](#)
[National Cherry Cheesecake Day](#)
[National Blueberry Cheesecake Day](#)
[National White Chocolate Cheesecake Day](#)
[Jen's Pumpkin Delight](#)
[Red, Blue and Cheesecake Salad](#)
[National Cream Cheese Brownie Day](#)
[Blueberry Cheesecake Bars](#)
[Raspberry Cheesecake](#)
[Turtle Cheesecake](#)
[National Pumpkin Cheesecake Day](#)

NATIONAL DESSERT DAY

People around the country indulge every October 14th on National Dessert Day! Celebrated by way of the local bakery, grandma's house or chocolate shop, desserts include candies, pies, ice cream, fruits, cookies, pastries, cobblers, and donuts, too.

The available ingredients affect the range of desserts made in each region. The very first desserts required minimal effort or preparation since ancient cultures were more focused on the nutrition in foods to survive. Over the years, desserts have changed from natural candies and nuts to complex soufflés and multi-layered cakes. In modern culture, there are many more options available in desserts.

Throughout the year, we see seasonal delights. As we near the holiday season, the flavors change. For some, the taste of gingerbread or fruitcake may come to mind. Others will pull out recipes handed down for generations. Pecan, pumpkin, and apple pies come to mind. Other rich desserts round out the dessert table, too. Flan, tarts, and everything with maple glaze.

HOW TO OBSERVE #NationalDessertDay

This is an excellent day to order dessert first! Whether you go out to your favorite bakery or whip up something delicious at home, share your celebrations with others. Give a shout out to your favorite baker or share your go-to recipe. What's your favorite dessert? Pie, cake, or something in between? Post photos on social media using #NationalDessertDay.



Explore More...

[National Cookie Day](#)

[National Ice Cream Month](#)

[National Cheesecake Day](#)

[Great American Pies Month](#)

[National Parfait Day](#)

[National Chocolate Mint Day](#)

[National Candy Month](#)

[National Peach Melba Day](#)

[National Baked Alaska Day](#)

[National Cream Puff Day](#)

[National S'mores Day](#)

[National Cherry Cobbler Day](#)

[National Cherries Jubilee Day](#)

["Let them eat cake!"](#)

[National Brownie Day](#)

National Pizza Month in October gives us 31 days to explore the world of pizza and all the flavors it offers. As if we needed any excuse to celebrate and indulge in the delectable, mouthwatering, satisfying meal that is pizza.

It's actually National Pasta Month and Italian-American Heritage Month as well, so feel free to spend October doing some major carb-loading. Pizza surfaced in 1889 when it was made for Italian King Umberto I and Queen Margherita on a trip in Naples. It's been a fan-favorite in countries all over the world since then, and it's easy to see why.



NATIONAL PIZZA MONTH HISTORY

National Pizza Month began in October 1984 and was created by the publisher of Pizza Today magazine and pizzeria owner, Gerry Durnell. He chose October because it's the month the first issue of his magazine debuted. He lived in a small town called Santa Claus, Indiana, and realized there was nothing to support his growing pizza business, or the pizza industry in general. Since he created a pizza-themed magazine, as well as started an official month to celebrate this wonderful food, we thank him from the bottom of our stomachs!

HOW TO OBSERVE #NationalPizzaMonth

Order (or make) your favorite pizza, snap a picture, and use #NationalPizzaMonth to post on social media. Can you guess what the most posted food of all time on Instagram is? That's right. Pizza.

Because you can't argue with its perfection and beauty. Whether you prefer the thick slices of Chicago-Style Deep Dish Pizza, the thin crusted, more oil based slices of Neapolitan-style, Moms Pizza or somewhere in between, pizza should be considered a staple of your diet (because life is short and it makes everything better.) Here are a few extra reasons pizza is the best.

- It's perfect at any time of day. Breakfast, lunch, or dinner... There's a specific kind of pizza for whatever you're looking for.
- Pizza leftovers are just as yummy as fresh pizza. You don't even have to warm it up to enjoy it on day two!
- It does a phenomenal job of bringing people together. Thinking about having some friends over for drinks this weekend? Tell them you'll have pizza too. They won't miss it.
- You can almost always get it delivered to your door within an hour, even in the middle of the night.
- If you're vegan, vegetarian, or gluten-free, you can still find a pizza that works for you! Pizza doesn't discriminate.

NATIONAL ANGEL FOOD

CAKEDAY



National Angel Food Cake Day on October 10th celebrates the delicious, light, and fluffy cake that many home cooks serve with fruit or glazes.

Originating in the United States and first becoming popular in the late 19th century, angel food cake was so named because of its airy lightness. It was said to be the “food of the angels.”

Making angel food cake requires whipping egg whites until they are stiff. Cream of tartar stabilizes the egg whites. Additional ingredients are then folded into the egg white mixture.

The cake is then usually baked in an ungreased tube pan, leaving a hole in the middle of the cake. The center tube allows the cake batter to rise higher than other pans, causing the batter to cling to all sides of the pan. After baking, the pan is inverted while cooling to prevent the cake from falling in on itself.

Use #AngelFoodCakeDay to post on social media.

Usually, rather than frosting, angel food cakes are topped with a glaze or a sweet fruit sauce and a swirl of whipped cream. Angel food cake also makes beautiful and amazing trifles. The airy layers absorb the flavors of fruit, caramel, liqueurs, and chocolate well. Another dessert that angel food gives an elegant look to is the parfait.

HOW TO OBSERVE

#AngelFoodCakeDay

Bake up an angel food cake to share. Invite friends to taste with you. If you don't have a recipe, try one of these. There are so many different varieties, it's hard to choose!

[Pineapple Angel Food Cake](#)

[Orange Angel Food Cake](#)

[Strawberry Angel Food Cake](#)

[Mint Chocolate Chip Angel Food Cake](#)

[Lemon Angel Food Cake](#)



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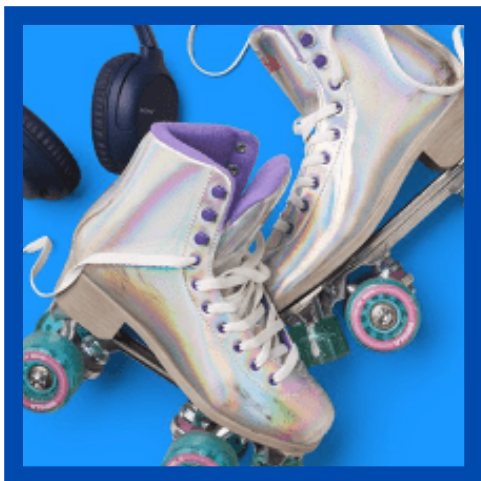
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