

Enjoy September

YOUR COMPLETE GUIDE TO ENJOYING AMERICA : SEPTEMBER 2012 ISSUE :4

HAPPENINGS • SPORTS • NUTRITION • FITNESS • FOOD • DRINKS • TRAVEL • MOVIES • MUSIC • HOME

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BROUGHT TO YOU
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... AND MORE!

WHAT'S HAPPENING IN SEPTEMBER

SEPT 3: LABOR DAY



SEPT 9: GRANDPARENTS DAY



SEPT 11: PATRIOT DAY



WHAT'S HAPPENING IN

SEPT 22: FALL BEGINS



SEPT 22: OKTOBERFEST BEGINS



SEPTEMBER

SEPT 25: COMIC BOOK DAY



SEPT 29: COFFEE DAY



LABOR DAY HISTORY AND FUN FACTS

FOR MANY PEOPLE, LABOR DAY IS JUST ANOTHER MONDAY TO EXTEND THE SUMMER FUN FOR ONE MORE WEEKEND. BUT THIS DAY, WHICH IS DEDICATED TO CELEBRATING THE AMERICAN WORKER, HAS BEEN AN IMPORTANT DAY IN OUR COUNTRY'S HISTORY FOR OVER A CENTURY.

FUN FACTS

1 SEPTEMBER 5, 1882 WAS THE DATE OF THE FIRST LABOR DAY AND WAS CELEBRATED IN NEW YORK CITY.

2 IT WAS IN 1894 WHEN THE PROPOSAL CAME FOR THE HOLIDAY TO FALL ON THE FIRST MONDAY IN SEPTEMBER.

3 WHEN LABOR DAY WAS FIRST ENACTED, CELEBRATIONS CONSISTED OF A PARADE AND A FESTIVAL FOR WORKERS AND FAMILIES. LATER, SPEECHES WERE INTRODUCED AS PART OF THE CELEBRATIONS, AND WERE GIVEN BY PROMINENT MEN AND WOMEN IN THE COMMUNITY.

4 WHITE IN THE SUMMER IS SAID TO BE SYMBOLIC FOR WEALTHY WORKERS IN THE 1930'S WHO WERE ABLE TO LEAVE THE CITY FOR A SUMMER VACATION IN WHICH THE "UNIFORM" OF CHOICE WAS BREEZY AND WHITE. RETURNING TO WORK MEANT PUTTING BACK ON YOUR DARKER-COLORED WORK AND CITY CLOTHES. THIS IS BELIEVED TO BE THE ORIGIN OF "NOT WEARING WHITE AFTER LABOR DAY".

5 MAY 1ST IS WHEN MOST OTHER COUNTRIES CELEBRATE LABOR DAY OR MAY DAY AS THEY CALL IT.

6 LABOR DAY IS THE THIRD MOST POPULAR HOLIDAY WEEKEND FOR BAR-BECUING, AFTER JULY 4TH AND MEMORIAL DAY. AROUND 55% OF AMERICANS ARE EXPECTED TO FIRE UP THEIR GRILLS THIS YEAR!



THE HISTORY

THE FIRST FOUNDER OF LABOR DAY IS BELIEVED TO BE MATTHEW MAGUIRE, NOT PETER MCGUIRE, AS ORIGINALLY THOUGHT. MATTHEW MAGUIRE, WHO WAS THE SECRETARY OF LOCAL 344 OF THE INTERNATIONAL ASSOCIATION OF MACHINISTS IN PATERSON, N.J., FIRST PROPOSED THE HOLIDAY IN 1882, WHEN HE WAS THE SECRETARY OF THE CENTRAL LABOR UNION IN NEW YORK.

SPORTS

AMERICA'S BEST TAILGATING CITIES

Kansas City Chiefs—Kansas City, MO

With a completely massive parking lot (um, yeah we're talking 25,000 cars) and plenty of room for tailgating, Arrowhead Stadium is rocking on Chiefs game day. The CEO can often be seen visiting with fans before the game, which is a tradition started by Lamar Hunt, the team's founder. And once inside, this stadium is also rumored to be the loudest in the NFL!

Chicago Bears—Chicago, IL

DA BEARS! Even on an icy cold Sunday in January, dedicated Bears fans will be seen braving it all to complete the pre-game ritual of tailgating. Ever try a grilled Krispy Kreme donut? Well, if you're in the area, stop by for one of these Chicago-delights or the other more traditional favorite, a Chicago-style hot dog.

Buffalo Bills—Buffalo, NY

By far the most famous part of tailgating in Buffalo is getting the chance to see a guy named Ken Johnson, or as he's known in the tailgating world "Pinto Ron". He's famous for cooking, well, just about anything on and around his car. Bacon on a saw? Yup, done that. Popcorn on the hood of a car? Got that too. And did we mention that Buffalo wings were invented in Buffalo? This place has it all!

Pittsburgh Steelers—Pittsburgh, PA

With one of the strongest fan bases across the globe, Steelers fans will head to Heinz Field in the city's revamped North Shore to support their team during NFL season. Expect to see lots of Polish and German food (a great throwback to the city's deep German and Polish roots). Heading to an away game? Yeah, you'll see Pittsburgh fans there too—they travel well.

New England Patriots—Foxborough, MA

Unlike the fans in San Diego, Pats fans on the other side of the country have to deal with bitter wind and cold during the winter season. But don't think that will stop them from tailgating! Seafood favorites like oysters and shrimp are in no shortage in this high energy, low temperature tailgating scene.

Cleveland Browns—Cleveland, OH

Beer and chicken sounds good right? How about beer IN A chicken? A local favorite, you'll see many fans in the "Dawg Pound" grill full chickens with a can of beer inside of them. Even better when you pair that with some of the city's local brews, like a bottle of suds from microbrewer Great Lakes Brewing.



BEST FANTASY FOOTBALL WEBSITES

September marks the start of the football season, and die-hard fans are already hard at work crunching stats and scouting players to build their dream fantasy football team. With an estimated 27.7 million fantasy football players around the world and thousands of sites dedicated to the game, the competition this year will be as fierce as ever. Here are 10 websites that might help to give you the winning edge over your competition.

FANTASYNEWS.CBSSPORTS.COM

CBS Sports will do a great job of helping you keep up-to-speed on your team, trade players when needed and provide the latest injury reports. While it could benefit from some more organization like the other sites, this free site offers some great features like Power Protector, which will give you projections on everyone in the league.

ROTOWORLD.COM

For under \$15, get access to profiles, injury reports, ADP reports and depth charts. Join Rotoworld and you'll be a member of one of the biggest online fantasy groups around. Install their \$4.99 app for your mobile device to keep tabs on your team while you're on the move.



FFCHAMPS.COM

Not a math wiz? Fantasy Football Champs (FFC) has loads of tools to help you with all of the crucial stats. For \$29.95, your package will grant you access to the FFC Performance Index. With a 70-80% accuracy rating, this bad-boy will tell you who on your team will have the best showing on any given Sunday.

FOOTBALLDOCS.COM

Got a fever for fantasy? Have no fear – this site is run by doctors (ok they're engineers, not medical doctors). But that makes for even more precise stats coming your way with detailed draft tactics and player rankings. Mostly everything on the site is free, but if you're looking for an advantage, just \$10.95 will get you some inside peeks at draft selections and custom rankings software.



GAMES.ESPN.GO.COM

Like many things in sports, ESPN has it all when it comes to fantasy. You can get it any way you like it with ESPN – TV, online, and apps. Watch the latest news segment on TV with fantasy analysis, make a trade on your laptop and then text your buddy with the latest info – ahhhh, pure fantasy bliss!

FANTASYSHARKS.COM

Not up for paying? No worries, Fantasy Football Sharks is free and you can still depend on plenty of members to interact with you and help craft your best team. There's also an add-on "Coach" that will hook you up with the details on who you should be starting (or benching) each week.

THEHUDDLE.COM

You won't find many other sites with such a big following of people who love fantasy, so rest-assured you're getting the hottest info from The Huddle's forums. This site also sports an award-winning draft kit that will help you craft the perfect team with a Better Than Average (BTA) ranking and consistency ratings. For a fee, get your game predictions and yes, even cheat sheets (shhhh)!



FOOTBALLGUYS.COM

Need a little insurance with your fantasy picks? This site will give you a money back guarantee (through Week 3) and keep the information flowing all season long with podcasts, draft guide and depth charts. For an extra fee of under \$30 bucks, you can check out their forecasting tools and more stats. The extra price tag may be worth it for the Football Guys Draft Dominator app.

PRO-FOOTBALL-REFERENCE.COM

Looking for some stats to make your next trade or lineup change? You can trust Dan Drinen, the Mathematician behind this site, who will provide you with key stats needed to make informed decisions on your players. It will be tough to beat his stats, updated constantly throughout the season.

DRAFTSHARKS.COM

If you're looking for an advantage, and willing to pay for it, check out Draft Sharks. At \$43, you will get plenty of info including MVP boards (custom cheat sheets), personal trade advice, news (and even some gossip)! There's a 30-day money back guarantee if you're not satisfied.

NUTRITION

A CUP OF JOE A DAY KEEPS THE DOCTOR AWAY



Lexington Coffee Roasters- Lexington, Virginia

Blend: El Salvador Santa Rita

Looking for a unique sweet coffee? This may be the cup for you. With honey and fruit flavors, this is a "natural" coffee that will leave you with fruit and nut aftertastes.

Johnson Brothers Coffee Roasters- Madison, Wisconsin

Blend: Ethiopia Yirgacheffe Gedeo Worka Fair Trade Organic Certified

From a region of Ethiopia that produces citrusy and floral tasting coffees, this bean is also certified organically grown and Fair Trade. If you're looking to do a little good while drinking a crisp coffee with distinctive fruit flavors, then this cup of Joe is the way to go.

Conscious Cup Coffee- Roasters Crystal Lake, Illinois

Blend: Ethiopia Harrar

Picked and dried in the sun, the name says it all with this one. Conscious Cup Coffee Roasters produces a Fair Trade product that has a sweet and lemony finish.

Stauf's Coffee Roasters- Columbus, Ohio

Blend: Nicaragua SHG

With a deep color and robust flavors, SHG stands for Strictly High Grown, a tag given to the highest grade Nicaraguan coffee.

HulaDaddy- Holualoa, Hawaii

Blend: Extra Fancy Kona Coffee Medium Roast

With rich flavors like blackberry and black current, you'll get this blend from a company that's located on the side of Mount Hualalai volcano. Pretty intense, just like the coffee!

September 29th

is National Coffee Day! Now, we all know coffee keeps us awake, but who knew that a travel mug filled with coffee has health benefits? Here are some health benefits of this plant that was discovered by Ethiopian goat herder (and his flock) around 850 A.D.



Coffee has been seen to reduce the risk of Alzheimer's and Type 2 Diabetes



If you're skipping the sugar and cream, coffee has no fat!



Coffee has also been known to lower your risk of Parkinson's Disease and gallstones.

Remember, it is best to keep your coffee intake within moderate levels. Want to change up your daily drink? Here are some coffee recommendations from around the USA that can be purchased online.

FITNESS REFUEL WITH THE RIGHT STUFF AFTER YOUR WORKOUT

Lots of people tend to focus on what to eat before working out, but remember that what you put in your body after is just as important, and can help your body regain energy and rebuild what you lost during your workout.

Below is some simple to follow guidance on how to refuel your body post-workout. And don't forget, the best rule to follow is find out what works best for you and stick to it – your body is great at telling you what it needs.

Meal

If you feel really hungry after a workout, that's normal, but be careful not to overeat because that won't help you lose weight or maintain a healthy weight.



Calories

Simple rule here, eat 50% of the approximate calories you burned during your workout.

Protein

Protein will help stop muscles from breaking down after your workout. Try to make up 25% of your calorie intake from protein.

Fluids

When the weather is hot, you can lose about 4 cups of fluid when you exercise. You could refuel with sports drinks, which are packed with electrolytes, or stick with 16-20 ounces of water. Both will help aid your post-workout body repairs.



Snack

Not everyone has time after a workout to have meal and count calories. You can still refuel the right way by grabbing a smoothie, energy bar or even a glass of low-fat chocolate milk.



Fat

Fat intake after a workout should be limited to less than 15% of your total calorie intake.



Carbs

Try to make 60% of your calorie intake from carbs.

Sample Meal Suggestions

Bread with cheese or peanut butter



Yogurt and fruit / Cereal and milk

Veggie omelet with toast



Turkey, ham, chicken or roast beef sandwich

FOOD FALL STEW RECIPE

What you'll need:

2-3 pound chuck or round beef roast, trimmed of fat and cut into bite-sized pieces

1 large onion, diced

8-10 ounces mushrooms (1 package)

3 celery stalks, diced

3 cloves garlic, minced

1 teaspoon thyme

1 bay leaf

1/2 cup red wine

2 cups beef stock

2 cups chicken stock

1 cup barley salt and pepper

2-3 tsp canola oil

Fill the bottom of a large Dutch oven with canola oil and set over medium-high heat until the oil is hot.

Working in batches, add a single layer of meat to the bottom of the pan.

Let it sit for 2-3 minutes until the cubes loosen and are seared to a golden-brown color.

Flip the cubes and sear the other sides. When all sides are seared, remove the meat and move to a clean bowl or plate.

Sear the remaining meat pieces in batches. If there is any liquid in the pot after the last batch is finished, pour it over the meat.

Heat one teaspoon of canola oil in the pan and cook the onions with a pinch of salt until they are translucent and brown around the edges.

Add the celery and cook until just softened.

Clear a space in the middle of the vegetables and sauté the garlic until fragrant, about 30 seconds.

Add the thyme and bay leaf, and stir all the seasonings into the veggies.

Pour the wine into the pan to deglaze, scraping up all the browned bits from the bottom of the pan as the wine bubbles.

Let the wine reduce down until most of it has evaporated or been absorbed by the veggies.

Add the meat and any drippings back to the pot. Pour in the stock and top with enough water to cover the meat and veggies about a half an inch.

Bring the stew to a boil, then reduce the heat to very low.

Cover the pot and let it simmer for 1 hour.

Add the barley and cook for another 45 minutes or so until the barley is cooked and the meat is almost falling apart (check by piercing it with a fork or knife).

The meat should break apart with pressure.

Taste the soup and add salt and pepper as needed. Make sure to remove the bay leaf (if you can find it)!

Serve in individual bowls with a crusty piece of bread to mop up the broth.



DRINK COCKTAIL OF THE MONTH



WHAT YOU'LL NEED

2

ounces vodka

1 1/4

ounces grape purée

4

grapes

3/4

ounces freshly squeezed lime juice

2

lime wedges

1/4

ounces simple syrup

Concord Crush

Remove the grapes from the stem and put aside 4 whole grapes. Blend the remaining grapes in blender with 1/4 ounce lime juice until pureed. Strain the purée through a fine-mesh strainer, pushing it through with the back of a ladle.

Fill your cocktail shaker with ice. Add vodka, grape puree, lime juice, simple syrup, lime wedges, and whole grapes. Shake, shake, shake and pour contents of shaker into a glass without straining.

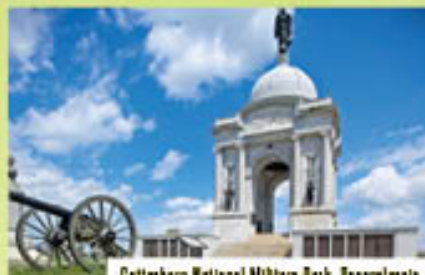
TRAVEL AMERICA'S 10 BEST NATIONAL PARKS AND LANDMARKS



Grand Canyon National Park, Arizona



Yosemite National Park, California



Gettysburg National Military Park, Pennsylvania

10 Grand Canyon National Park, Arizona

The Grand Canyon, located in Northern Arizona, is an awe-inspiring site to any visitor. Spanning nearing 300 miles and depths in some locations of over a mile, the Colorado River cuts its way through this canyon, creating stunning sites at both the Northern and Southern ends.

9 Hawaii Volcanoes National Park, Hawaii

This park is the work of 70 million years of Volcanoes. Pretty astounding, right? With amazing mountains, like Mauna Loa that dwarfs others like Mount Everest, there's no shortage of remarkable sites in Hawaii National Parks. Volcanoes gave birth to the entire chain of Hawaiian Islands and continue to sculpt the areas you can visit today.

8 Yosemite National Park, California

Located in the western Sierra Nevada Mountains, there are a large number of awe-inspiring sites in this park, which has been around since 1890. Take a visit to the floor of the valley and enjoy the scenery that was formed from the Ice Age glaciers.

7 New Orleans Jazz Historical Park, Louisiana

This might not be a park with jazz musicians that have been playing for millions of years, but head to the Visitor's Center in the French Market to find out about all the of jazz happenings going on in and around the city! A cool twist on the typical "national park"!

6 Blue Ridge Parkway, North Carolina and Virginia

Referred to as "America's Favorite Drive", this 469-mile long parkway provides stunning views of the Appalachian Highlands. If you're heading on vacation around the Eastern seaboard, it's worth it for this drive!

5 Statue of Liberty National Monument, New York

This gift from France has been the standing symbol of welcoming people to the United States for decades. It's been designated as a National Monument since 1924.

4 Santa Fe National Historic Trail, Various States

Hop on your modern day ox (minivan), and you'll be able to sense the history behind this route, as you meander through five states between Missouri and New Mexico. What as started a trade route between the US and Mexico was transformed in 1880 as a vital railroad route to Santa Fe.

3 Alagnak Wild River, Alaska

Don't miss the Alagnak Wild River as it makes its way through the stunning Alaska Peninsula. Beginning in the Aleutian Range and heading towards the Bering Sea, this river gives visitors a once in a lifetime opportunity to see Alaska's unique culture and wildlife.

2 Gettysburg National Military Park, Pennsylvania

This park in Eastern Pennsylvania was the location of the deadliest battle of the Civil War where over 50,000 people died. Walk through the battlefields and listen to experts tell the story of how General Robert E. Lee's invasion of the North ended here.

1 Sequoia & Kings Canyon National Parks, California

Visit this natural landscape and be dwarfed by the world's largest trees and huge mountains. These parks are located next to each other in the Sierra Nevada and there's loads of different activities o choose from depending on the season you choose to visit.

10 GREAT PLACES TO CELEBRATE OKTOBERFEST

If you can't make it all the way to Germany for the big Oktoberfest celebration, have no fear! We've found great places all over the nation for you to partake in live concerts, great food and of course German style beer!

Torrance, CA

September 8th and October 23th

Take in the authentic German beer garden and get to know this "cozy" crowd of 100,000. If you're looking to have some fun, there's no shortage of activities here including stein-holding. And what Oktoberfest would be complete without a yodeling contest? For a unique spin, Torrance also brews its own beer on-site.

Big Bear Lake, CA

Weekends between September 17th and October 29th

You may not realize you're in California with the way this town does Oktoberfest! Complete with premium German Beers on tap in the Convention Center, this celebration has everything you could want out of a party, including great food, concerts and, of course, drinking contests.

Cincinnati, OH

September 16th-18th

Often referred to as Zinzinnati during Oktoberfest, you'll meet half a million partygoers at this event in Southern Ohio. Looking for more than just beer and sausages? Zinzinnati's got you covered with a kazoo band and a chicken dance or two (1994 World Record for World's Largest Chicken Dance)! The *USA Today* ranks it as one of the best spots in the United States to celebrate your German heritage (it's ok if you're just pretending too!).

Tulsa, OK

October 20th-23rd

Don't have authentic German entertainment in your town? Try importing it! The city of Tulsa spares no expense during their Oktoberfest celebration and brings in bands from Bavaria to entertain their crowds. Not good enough for you? Along with Cincy, Tulsa also makes the *USA Today* ranking as one of the best places to celebrate Oktoberfest!

Columbus, OH

September 23rd-25th

Not to be outdone by their neighbor to the south, Columbus also puts on a pretty great show! They build a unique and authentic German Village to house the party, so forget about roping off any streets! Shop local artists, while listening to over 30 bands, and enjoy some seriously delicious beer in the Ohio state capital.

Mount Angel, OR

September 15th-18th

Picky eater? You're sure to find something within the 50 plus food stands at the Mount Angel celebration! With German roots back to the early 19th century, you may not even realize you're not in Bavaria (and not because of the beer you're drinking). There's plenty of dancing and live music to keep you busy after you're done making your way through the food stands!

Lake Worth, FL

October 7th-9th; October 14th-16th

Get ready for two fun-packed weekends hosted by the German Club of the Palm Beaches. Don't be fooled and think you'll be hanging with retirees at this event - over 350,000 people surround 10 acres with plenty of beer and music to go around! Head to the Bavarian Festhaus and get your fill of German culture.

Leavenworth, WA

September 30th-October 1st;

October 7th-8th; October 14th-15th

Looking to experience Oktoberfest in a more chilled-out atmosphere? Leavenworth may be just what you're looking for. With lots of locals to hang out with, grab yourself a nice beer and take in some of the great music and food this hometown celebration has to offer.

La Crosse, WI

September 30th-October 1st;

October 7th-8th; October 14th-15th

The World's largest six-pack isn't the only reason this town makes a great Oktoberfest celebration, complete with the Miss La Crosse/Oktoberfest beauty pageant. If you're looking for a place to really unwind with some good people (and eat some famous bratwurst), La Crosse is the place for you.

Denver, CO

September 16th-18th; September 23th-25th

Taking place in Larimer Square, Denver takes their Oktoberfest very seriously. Loads of fun activities keep this celebration humming, like a pretzel toss contest and Human Foosball. Hey forget the beer, food and music; human foosball is reason enough to show up in Denver for this two-weekend event!

HOME & LIFESTYLE

5 SIMPLE TIPS TO ADD SOME TRENDS TO YOUR HOME!

Looking to incorporate some trendy new style in your home without breaking the bank?

There are hundreds of simple and easy to-do projects that will give your home just what it needs. Here are just a few suggestions, but the general rule here is don't be afraid to do something you wouldn't normally do! Remember most small improvements can be changed again if you don't like something (watch out for knocking lots of walls down)!

Go on, don't be afraid to paint your cabinets

Looking to make a statement in your bathroom or kitchen? Be bold and paint your cabinets. If you're afraid, know that you are not alone. Almost every home design magazine and website shows the transformation of painting your bland wood cabinetry with something light and airy. It may just make it appear you have more space too, which is never a bad thing!



Add some life (Plant life!)

Head down to your local greenhouse and talk to them about unique and easy to care for houseplants. Not only will it add some life to any room, but depending on what you get can really serve as a conversation starter when you have company over. Don't forget to buy a cool vase or tray for whatever you buy to add a final touch.



Mix it up

Just like the pillows, who says everything has to match? There's nothing wrong with having some different pieces integrated throughout your home, even if they aren't the exact style or color as what you currently own. This also opens up the possibility of shopping at some great venues like garage sales and flea markets where you're sure to find something unique.

Spice up your couch

You don't have to have money to buy completely new furniture set to spice up your living space. Instead, head to any trendy shop and pick out some colorful pillows or blankets to add a dash of personality to your family room. If you're worried about too much color, find a pillow with a base color that matches your current scheme, but integrates a bold pattern.



Lights, Camera, Action

Updating your lighting fixtures can be an inexpensive way to add new life to any room. While most home improvement stores offer lots of lighting options, don't be afraid to check out local flea markets and garage sales as well!



MUSIC

TOP 10 GREATEST GUITARISTS OF ALL TIME

Jeff Beck

Having been a part of The Yardbirds, The Jeff Beck Group and Beck, Bogert & Appice, this English rocker is well known for the unique finger work he is able to produce in his music. Having stopped using a pick in the 80's, Beck also uses a vibrato bar and wah-wah pedal to crank out his signature electronica/guitar-rock blend of music.

Key Tracks: "Beck's Bolero," "Freeway Jam," "A Day in the Life," "I Ain't Superstitious," "Heart Full of Soul"

Pete Townshend

Making it into the Rock and Roll Hall of Fame in 1990, Peter Townshend is known for his work (over 40 years of it) with The Who. A versatile musician and songwriter, he plays more than just the guitar and wrote over 100 songs for The Who and over 100 for his solo work. Best part - he's never had any formal lessons - talk about natural talent.

Key Tracks: "My Generation," "I Can See for Miles," "Summertime Blues"

Eddie Van Halen

The co-founder and lead guitarist for Van Halen, who's middle name (Lodewijk) was derived from composer Ludwig van Beethoven, was destined for success in the music industry. Van Halen distinguishes himself from others in the pack because of his two-hand tapping method in which he used both hands on the guitar neck.

Key Tracks: "Eruption," "Ain't Talking 'Bout Love," "Hot for Teacher"



Eric Clapton

With a cool and mellow style, Clapton has been inducted to the Rock and Roll Hall of Fame, not once, not twice, but three times. Once for his time in The Yardbirds, Cream, and in his solo career. Clapton plays a mean mix hard rock, blues and blues rock.

Key Tracks: "Bell Bottom Blues," "Crossroads," "White Room," "Tears in Heaven"

B.B. King

You won't see this blues cat far from his signature Gibson guitar. His first big break came in 1948, on a radio show in West Memphis, and he hasn't let up since. Known to many as the King of Blues, B.B. King is still going strong at age 76 and is considered to be the best of the best when it comes to the blues.

Key Tracks: "3 O'Clock Blues," "The Thrill Is Gone," "Sweet Little Angel"

Duane Allman

Although he only lived to age 24, known to some as "Skydog", Duane Allman was a co-founder of The Allman Brothers Band. Allman made an impact on music even in his short lifespan and is best remembered for his slide guitar playing and electric bottleneck steel sounds.

Key Tracks: "Statesboro Blues," "Whipping Post," "Blue Sky"



Chuck Berry

With a distinctive style that incorporated mimicked sounds of bottleneck blues guitarist, Chuck Berry appealed a teenage market and was among the first group of inductees to the Rock and Roll Hall of Fame when it opened in 1986. At the end of the 1950's, Berry was making movie appearances and also opened his own nightclub in St. Louis.

Key Tracks: "Johnny B. Goode," "Maybellene," "Roll Over Beethoven" Key Tracks: "Eruption," "Ain't Talking 'Bout Love," "Hot for Teacher"



Keith Richards

From the all-time great and epic band The Rolling Stones, Richards' unique energy and style of music have him near the top of list. From when the band started in 1965, Richards and Mick Jagger were constantly influenced by the music styling of their counterparts, which propelled the band, and Richards, to international acclaim.

Key Tracks: "(I Can't Get No) Satisfaction," "Gimme Shelter," "Start Me Up," "Brown Sugar"

Jimmy Page

Although Page started out with The Yardbirds, he is best known as founder of one of the most well known bands of all-time, Led Zeppelin. With his influential sound still resonating through bands today, Page found new and cool ways to get more sound effects from his instruments, including the use of a cello bow on his guitar.

Key Tracks: "Dazed and Confused," "Heartbreaker," "Kashmir"

Jimi Hendrix

Like others on the list, Hendrix endured a fast-past, short-lived career in rock and roll. Gone at the age of 27, Hendrix is still considered to be the greatest electric guitar player of all-time. He used a wah-wah pedal to take his solos to a new level, experimented with stereophonic phasing, and wasn't afraid to work with amplifiers which produced large amounts of feedback. His guitar of choice was a Les Paul Custom - a right-handed guitar with the strings reversed for left-handed playing.

Key Tracks: "Purple Haze," "Foxy Lady," "The Star-Spangled Banner," "Hey Joe"



MOVIES NEW FLICKS IN SEPTEMBER

GANGSTER SQUAD

Release Date: September 7

Genre(s): Drama Crime Gangster Period
Starring: Sean Penn, Ryan Gosling, Josh Brolin It's 1949 in Los Angeles, and Micky Cohen, played by Sean Penn, is running this city from the underground through his hired goons and by controlling local police and government figureheads. While he enjoys the benefits he gets from drugs and prostitution, two outsiders, played by Josh Brolin and Ryan Gosling, are hot on his trail.

THE WORDS

Release Date: September 7

Genre(s): Thriller
Starring: Olivia Wilde, Bradley Cooper, Jeremy Irons, Dennis Quaid
A young writer named Rory reaches literary acclaim for publishing a great American novel, except for one catch - he didn't actually write it. Now he must deal with the implications of putting his own success above all else.

FINDING NEMO 3D

Release Date: September 14

Genre(s): Family Adventure, Comedy, Animation 3D Kids
Starring: Albert Brooks, Ellen DeGeneres, Alexander Gould, Willem Dafoe, Brad Garrett
Two of our favorite fish, Marlin and Nemo, return in 3D! This sweet and funny story follows a young fish who is separated from his father and ends up in Sydney inside of a fish tank. A spunky fish, named Dory, helps guide Nemo's father on an adventure to find his son and bring him home.

THE PERKS OF BEING A WALLFLOWER

Release Date: September 14

Genre(s): Teen Drama Comedy
Starring: Logan Lerman, Emma Watson, Ezra Miller
Based on the popular novel, this movie tells the story of Charlie, an awkward teenager entering his freshman year of high school in Pittsburgh. Charlie's best friend has just committed suicide leaving him to write letters to an anonymous person, and is soon taken under the wing of two seniors.

KILLING THEM SOFTLY

Theatrical Release Date: September 21

Genre(s): Crime Comedy Thriller
Starring: Brad Pitt, Richard Jenkins, Ray Liotta, James Gandolfini, Sam Shepard
When a heist takes place during a poker game run by the mob, professional enforcer Jackie Cogan, played by Brad Pitt, steps in to investigate the crime.

HOUSE AT THE END OF THE STREET

Release Date: September 21

Genre(s): Horror Thriller Suspense
Starring: Jennifer Lawrence, Elisabeth Shue, Maz Hiriort
This story centers on a teen girl who moves with her mom to a new town. They quickly learn that the place across the street just happens to be the scene where a double murder took place.

DREDD

Theatrical Release Date: September 21

Genre(s): Action Adventure 3D Shot-In-3D
Starring: Karl Urban, Olivia Thirlby, Lena Headey
This movie will take viewers on a journey to the streets of Mega City One, a lone oasis of quasi-civilization on Cursed Earth. Judge Dredd, played by Karl Urban, is the most feared of elite Street Judges, with the power to enforce the law, sentence offenders and execute them on the spot.

TROUBLE WITH THE CURVE

Theatrical Release Date: September 28

Genre(s): Drama, Horror, Thriller
Starring: Clint Eastwood, Amy Adams, Justin Timberlake, John Goodman, Scott Eastwood
Clint Eastwood stars as baseball scout in this film. The story follows Eastwood's character and his daughter as they take a scouting road trip together to find a new baseball prospect, played by Justin Timberlake.

LOOPER

Theatrical Release Date: September 28

Genre(s): Adventure Drama Action
Starring: Bruce Willis, Joseph Gordon-Levitt, Emily Blunt, Paul Dano
In this thriller, illegal means of time travel are used by the mob to send people back in time to get dealt with. Joe, played by Bruce Willis, is the hired help on the other side. He waits for the time travelers and "cleans up" when they arrive. Life is good until the day arrives when the mob sends back his future self to be assassinated.



TOP 10 COMIC BOOK HEROES OF ALL TIME

Daredevil

Daredevil #1 (April, 1964)

The superhero that doesn't give up, Daredevil gets his superhero status after a radioactive substance falls from a vehicle, leaving him blinded. His loving and caring father is killed in a fight, hence leaving Daredevil to avenge his death by heading out to the streets to fight the bad guys (in a dark red suit no less!)

The Hulk

The Incredible Hulk #1 (May, 1962)

Dr. Banner is to thank for this classic superhero after he is exposed to a gamma bomb he invented. When he's tormented in anyway, watch out people, here comes the Hulk! The Hulk, often the antihero, becomes a gigantic green monster-man with an impulsive and short temper making for excellent superhero action!

Wally West (The Flash)

The Flash #110 (Dec, 1959 – Jan, 1960)

A common name for many DC Comics superheroes, Wally West, or Kid Flash, is one of the most well known. The Flash has "super-speed" and reflexes like you've never seen. And you better believe these comic book junkies take their superheroes seriously. Fans went ballistic after the announcement that Barry Allen would be returning and taking over Wally West's position as the leading "super-speed" man.

Hal Jordan (Green Lantern)

Showcase #22 (Oct, 1959)

This guy stands up to Batman without even blinking an eye, and that's cause alone for including him as one of the best Comic Book heroes of all-time. Living the Green Lantern mantra of "No Fear", Hal "Highball" Jordan saved the earth one night and is now a stronghold member of the 7,200 member intergalactic police force.

Batman

Detective Comics #27 (May, 1939)

He's rich, good-looking, and fantastic at martial arts. Oh and a billionaire. After the loss of his parents, nothing has ever quite satisfied Batman. With his trusted butler, Alfred and sidekick Robin, at his side, Bruce Wayne will work for his entire life to rid the world of the bad guys, and he has plenty of other help on his side from his pals in the Justice League.



Captain America

Captain America Comics #1 (Mar, 1941)

The perfect superhero around Labor Day! Donning a star on his chest and a red, white and blue shield, Captain America will defend his home until death. Hey, you don't need to be Superman to do that. But it does help to have an awesome battle cry to call out to your other superhero pals "AVENGERS ASSEMBLE!"

Wonder Woman

All Star Comics #8 (Dec, 1941)

GIRL POWER! With her first appearance, Wonder Woman served as the model for modern women who were living in a largely male-dominated world. Did you know she was invented by William Moulton Marston? If you're not familiar with the name, he's the guy who invented the polygraph test. Don't get caught lying around this superhero or you'll have to pay.

Wolverine

The Incredible Hulk #180 (Oct, 1974)

The Flash #110 (Dec, 1959 – Jan, 1960)

With no lack of adventures, Wolverine can found all over video games, TV and movies. His superpowers include kicking the bad guys butts and guzzling beer (hey, wait a minute)! His seemingly endless run of loss keeps him propelling through an endless list of adventures.

Spider-Man

Amazing Fantasy #15 (Aug, 1962)

We can all relate to Spider-Man in one way or another. Ok maybe not with the tights wearing, but he's just a normal, middle-class guy living with his parents and going to school. He takes learning from your mistakes to a new level by making sure others do not repeat his own mistakes. With his somewhat corny chatter, even during the heat of a fight, Spider-Man is just, well, he's just a nice guy!

Superman

Action Comics #1 (June, 1938)

Superman is the super hero of all Comic book heroes. He allows his legions of followers to see that there can be hope for the hopeless and that we can all be great if we try. Raised as a boy in a small town in Kansas, people from all over the world can relate to him in some way or another. With his kryptonite shield, he saves the world over and over again and is still the most iconic superhero of all time.

Enjoy September

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