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ALL ABOUT SEPTEMBER

EVENTS, HOLIDAYS AND THEN SOME













Birthstone: Sapphire Flower: Aster

SEPTEMBER 7

Labor Day, Salami Day

SEPTEMBER 8

International Literacy Day

SEPTEMBER 11

Patriot Day 9/11 Remembrance

SEPTEMBER 13

Grandparent's Day Positive Thinking Day Rosh Hashanah Begins

SEPTEMBER 19

National Eat an Apple Day Oktoberfest Begins

SEPTEMBER 20

National Punch Day

SEPTEMBER 21

International Day of Peace

SEPTEMBER 22

Yom Kippur Begins

SEPTEMBER 23

First Day of Fall

SEPTEMBER 28

National Good Neighbor Day



FOOD / EASY-GOING LABOR DAY SPREAD



Labor Day marks the last three-day weekend of summer and your last chance of relaxation before fall's insanity starts.

Don't fret over an elaborate grilled menu for this holiday weekend and thank your lucky stars that charcuterie plates are having a big moment. What's a charcuterie plate? Basically, it's a big plate with cured Italian meats, bread, olives, cheeses and other goodies that requires little to no prep but is a huge hit for most any occasion. The best part is that it has the components of a full meal. So put down the charcoal; we're going to make this spread an easy one!

Contributed by: Kat Bremhorst

CHARCUTERIE PARTY PLATE

SERVINGS: 3-5

WHAT YOU'LL NEED:

- · Forks for serving
- A large, nice-ish looking cutting board
- A few small bowls
- · 1-2 types of marinated olives
- 2-3 Italian cured meats (proscuitto, salami, pepperoni, chorizo, etc.)
- 4-6 types of cheese (goat cheese, sharp cheddar, Parmesan, Gouda, burrata, bleu cheese, etc.)
- · Crackers and toasted slices of baguette
- · Grapes or sliced figs
- Almonds
- A citrus marmalade

DIRECTIONS:

To assemble, put your nice cutting board down with 2 or 3 bowls on the board. Put some jam in one of the bowls, olives in another and your bread and crackers in the third. Use the rest of the board space to put your cheese, meat, grapes or figs. There is no wrong way to arrange a charcuterie plate; you can arrange it however you think looks best. The amount above serves 3-5 adults, adjust accordingly.



SUPER EASY HUMMUS

SERVINGS: 6

WHAT YOU'LL NEED:

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- · 1 tablespoon lemon juice
- · 1 tablespoon olive oil
- 1 clove garlic, crushed
- ½ teaspoon ground cumin
- ½ teaspoon salt
- Pita bread, broken into pieces for dipping

DIRECTIONS:

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin and salt in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved. Serve with pita triangles.



LEMON-RICOTTA GRANITA

Courtesy of foodnetwork.com

SERVINGS: 6

A rich dinner of meat and cheese pairs best with a light dessert to cleanse the palette. A granita is a grown-up version of a snow cone that can be made in advance.

WHAT YOU'LL NEED:

- 1 cup water
- ¾ cup plus 1 tablespoon sugar
- % cup strained fresh lemon juice
- · ¾ cup whole milk ricotta cheese
- · Small pinch of salt
- · 1 lemon, for zesting

DIRECTIONS:

Whisk water and ¾ cup of sugar in a medium saucepan over high heat until the sugar dissolves. Whisk in the lemon juice. Pour the lemon mixture into an 8-inch square glass dish. Cover and freeze, stirring every 2-3 hours, until the liquid just becomes slushy. Using a fork, scrape the granita every 30 minutes until it is all ice crystals. Cover and scrape every so often so that the crystals stay loose. Note: The granita can be prepared up to 2 days ahead.

Whisk the ricotta, remaining sugar, and pinch of salt in a medium bowl. Spoon the granita into small bowls. Top with a dollop of the ricotta. Zest the lemon peel to top the ricotta and serve. For maximum effect, serve the granita in hallowed out lemons with the bottoms cut to sit flat.



TRAVEL / INDIAN SUMMER IN THE CITY BY THE BAY

EXTEND YOUR SUMMER WITH A TRIP TO SAN FRANCISCO! September is the

start of their famous Indian summer, which brings about the best weather of the year. With temperatures ranging from the mid-60s to 80s, there is no better time to take in all the sites, food and cultural experiences that San Fran has to offer.

Contributed by: Maisie Sackett

FOOD

Fortunately for visitors and locals alike, it's nearly impossible to pick just one restaurant that you have to try, so we've listed one place to hit for each meal of the day.

BREAKFAST

Start your day at Devil's Teeth.

The menu keeps it short and sweet, with only two options of breakfast sandwiches: the Breakfast Sandwich and the Special Breakfast Sandwich. Don't be deceived by the simple titles because these sandwiches are packed with ingredients and flavors that are anything but simple. Sweeten up your meal with their delicious baked goods and then end your order with a cup of slow-drip pour over coffee.



LUNCH

Brag to all of your friends about the best sandwich you've ever had by going to Ike's Place. There's almost always a line at this hotspot, which will give you ample time to peruse the endless choices that make up the menu and find your match made in taste bud heaven. This delicious shop is also within walking district of the Mission Dolores Park, so take your sandwich to go and enjoy a picnic amongst the locals that gather there.

DINNER

Enjoy the fresh seafood options of traditional Peruvian cuisine along the bay at La Mar. Originating in Lima, Peru, it doesn't get much more authentic than this. Try out the variety of ceviche options that they have available, with everything from halibut to tuna, scallops, octopus and more. Don't forget to grab a cocktail as they specialize in pisco, a type of Peruvian brandy. Stick with the classic Pisco Sour, or mix it up by trying out the other eclectic flavors that make up the drink list.

NIGHTLIFE

In a city bustling with nightlife options, the Marina District is the most popular neighborhood to hit on a night out in San Fran. In an area filled with different options from bars to clubs to lounges, make Polk Street your destination to find all the local hangouts.

SHOPPING

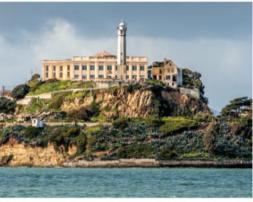
San Francisco is filled with clothing shops from second-hand to high-end, but if you want to get a true Frisco experience, skip the clothes and hit Amoeba Music. In the historic Haight and Ashbury district, this record store will take you back to the hippie movement of the 1960s as you browse through the huge selection of music offered. They have everything from vintage posters and records to new releases that you wouldn't find anywhere else.

SITES

San Francisco doesn't fall short when it comes to tourist attractions. With monumental structures, historic buildings and entertainment influences galore, below are the top sites to see on a trip to SF:

- If this is your first time visiting
 San Fran, a trip across the Golden
 Gate Bridge is more than worth
 it, but don't just stop there. Keep
 going into the little town of Sausalito.
 Located just across the bridge, this
 Bay town offers more sites and less
 crowded views than the Golden Gate
 hub.
- Journey back to the 1990s at Alamo Square Park to check out the Painted Ladies, most famously known from the opening credits of the late 80s sitcom "Full House." Don't let the entertainment binge stop there. You can also check out the house from the popular 1993 film"Mrs. Doubtfire" on Steiner Street.
- Ferry out to tour Alcatraz Island and dive into history with the oldest operating lighthouse on the West Coast, the abandoned prison and much more.
- San Francisco is home to the largest Chinatown outside of Asia, where the streets are lined with traditional decorations and filled with people. Whether you're looking for true Chinese food or a few souvenirs, this is an area that you won't want to miss.
- Seafood lovers need to carve out time to visit Fisherman's Wharf. Located along the northern waterfront, you can take in the sites of the bay while exploring all the piers have to offer.
- Before visiting, check out the upcoming acts at The Fillmore. This famous music venue has been around since the 1950s and is sure to provide a night filled with history and great music.





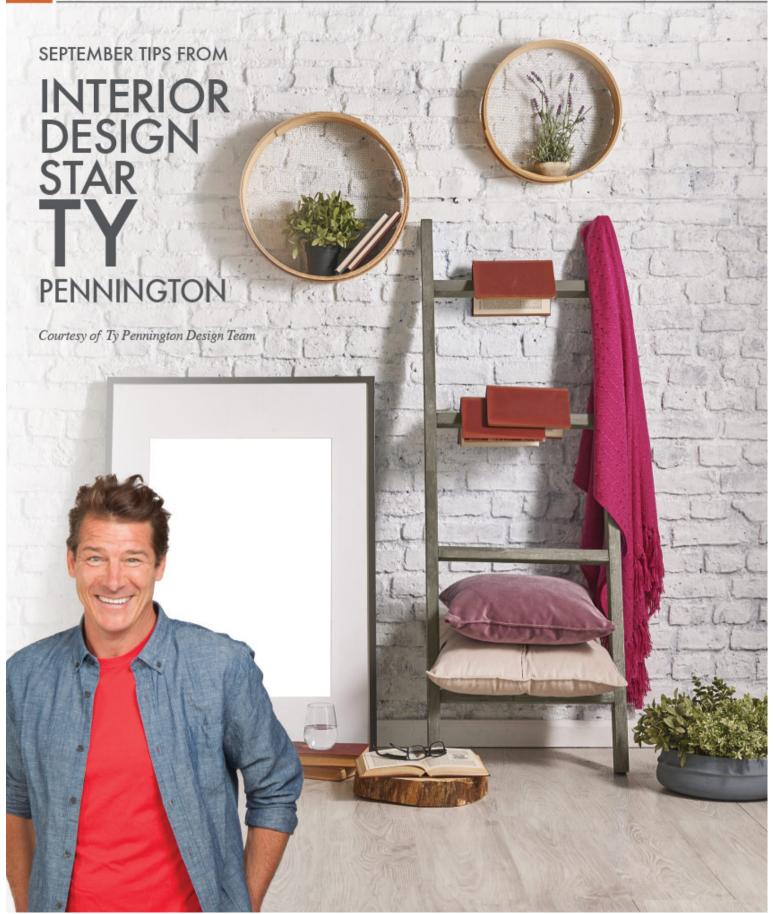
AL CAPONE PLAYED
THE BANJO IN AN
INMATE BAND, THE
ROCK ISLANDERS,
WHILE HE WAS HELD
AT ALCATRAZ. THE
BAND PERFORMED
REGULAR SUNDAY
CONCERTS.







TY'S TIPS / GIVE AN OLD LADDER A BRAND-NEW LIFE



SURE, YOU CAN SPEND A LOT OF MONEY ON A NEW PIECE OF FURNITURE TO GIVE YOU SOME EXTRA STORAGE OR DISPLAY

SPACE. Or you can head out to the garage or your nearest home improvement store and look for a wooden ladder. With the right choice and a little imagination, you can easily transform a ladder into a creative solution to all kinds of storage problems. For country settings, check out antiques stores and garage sales for character-filled old-fashioned wooden ladders. For modern spaces, paint a new one in a bold color that complements your decor. Just be sure the ladder you choose is sturdy and will stand up to the use it will get. For inspiration, take a look at these crafty approaches to turning a humble ladder into a serviceable and attention-grabbing accent.

CONVENIENT CATCHALL

If you've got kids, chances are you've got a messy entry hall. Consider building a simple entry benchfrom a pair of cut-off stepladders and give it a jolt of color. It's a great place for kids to drop off gear or stow schoolbooks. Top its shelves with baskets for scarves, mittens and gloves.

GROWING UP -

Turn a ladder into a pretty plant stand to give a gardener just the space he or she needs for displaying bright blooms. Painted and anchored to the wall, or simply positioned in your garden, the stand can hold sun loving plants in decorative pots — and even some of your favorite garden decorations.

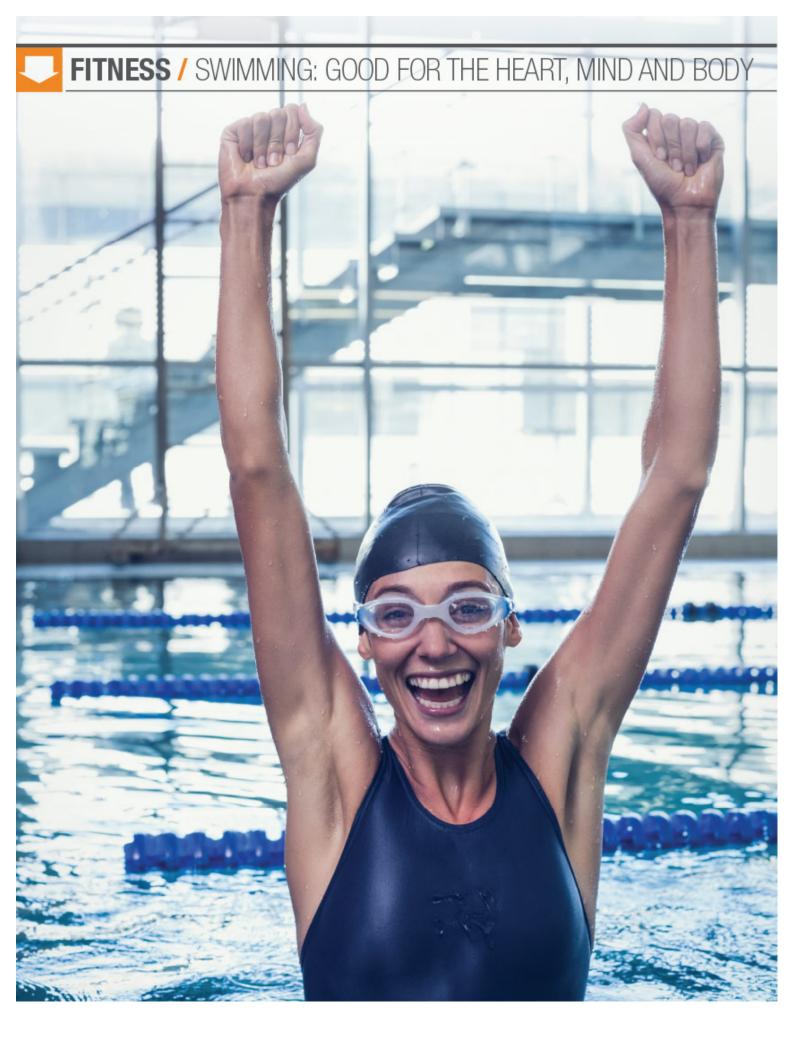


Store quilts and throws — while keeping them within easy reach — by hanging them on a pretty quilt rack. Just paint the ladder to suit your color scheme and drape appealing heirloom quilts or blankets over the rungs. The sculptural accent is a cinch to move, if you want to bring it into a guest room.

EASY ACCESS

Pot racks can add storage and give a ho-hum kitchen the look of a "chef's kitchen," but they can also be expensive. Not a problem when you repurpose an old ladder into a perfect pot rack. A weathered ladder gives this kitchen a rustic touch. For a sleeker look, paint it black, or choose a metal one that complements stainless steel appliances.





Contributed by: Selene Garcia

Let's face it: life can be stressful! Work, children, familial obligations and general life pressure can be enough to send you running for a cup of caffeine and some sugar just to keep moving onto the next task. While exercise is important, there just doesn't seem to be enough time in the day to fit another task into your hectic schedule.

If you're already rolling your eyes because you feel like you can't find the time, you can't swim or a thousand other reasons why swimming is a bad idea, just take a look at the health benefits.

MENTAL HEALTH

It's long been known that exercise improves mental health by stimulating the brain and increasing nerve cell growth, serotonin production and releasing the stress reducing hormone called ANP. Not only will the brain and heart be releasing some feel-good chemicals, it will allow you to focus on your breathing and the movements; focus can be hard to come by when dealing with mental health issues.

So give your emotional self a break and spend some time in the water.



THE OLD TICKER

Give your heart a beat both you, and your doctor, can be proud of with just 30 minutes per day. Aerobic exercise is exactly what the old ticker needs to reduce high blood pressure and coronary heart disease, and fend off your body's response to inflammation.

STRETCH ARMSTRONG

Swimming not only uses multiple muscle groups but stretches your body from head to toe. With a simple breast stroke you're stretching your arms, lengthening your back from the reach of the arm stroke, twisting your spine with the movement of the head from side to side and engaging your hips from kicking your legs – all good, healthy stuff.

For those overachievers out there, take a nice stretch in the water after your workout.

AILMENTS

When immersed in water — just from the waist up — you carry only 50 percent of your weight. You'll notice immediate pain relief from many types of arthritis, fibromyalgia and stiff joints.

MUSCLE AND BONE STRENGTH

Not only does the water ease the burden of gravity on your skeletal frame, it also improves bone and muscle strength. Resistance exercise is the best way to build muscle. With water being 12 times denser than air, you'll tone up in no time!

Let's be honest, your health should come first — you know it should. Without your health nothing else truly matters. So while there are many ways to get your heart pumping, burn some calories and put your mind at peace, swimming is one activity that is both easy, fun and affordable. So suit-up and get ready to get that body in shape!





BURN BABY BURN

An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.





SERVES: 8

WHAT YOU'LL NEED

1 apple, chopped or sliced

variety, we like Granny Smith)

(pick your favorite apple

1 quart apple cider



Contributed by: Kat Bremhorst

One of the cruelest things in life is that the foods that taste most delicious are the ones that aren't good for you (or your waistline).

One food in particular that comes to mind is pasta. Glorious, carb-y, comforting pasta. Spaghetti squash has made its rounds as the next best thing for those who are giving up gluten or carbs but still love pasta, but spiralized zucchini pasta is here to change the way you eat.



Did you know that the flower (or blossom) of a zucchini plant is also edible? In fact, fried squash blossoms are considered a delicacy in many places. In addition to frying, the blossoms taste great when baked or steamed, stuffed with cheese.

So why zucchini?

Zucchini is one of the lowest calorie options in your garden. In just under a cup of zucchini, there's only 17 calories! Not to mention it has no saturated fats or cholesterol. It is also a great source of dietary fiber that can help protect against colon cancer. Zucchini also gives you great doses of potassium and vitamins A, B and C!

Time to spiralize!

A spiralizer, otherwise known as the tool you need to create zucchini "pasta" is an essential kitchen appliance, so be sure to purchase one stat! You can start with the Veggetti for under \$15 or invest in the Inspiralizer for \$50. Both have their positives, but for beginners the Veggetti in the perfect way to get started without a huge investment.

You can spiralize a ton of different vegetables, but zucchini is the one that will give you the best imitation of pasta.

After you wash your zucchini, run it through your spiralizer of choice and let the noodles hang out on paper towels while you prep your sauce. These zucchini noodles taste great with everything from pesto to marinara to cream sauces! And there's no need to boil your noodles, just sauté them in your sauce of choice and bon appétit!



MUSIC / POSITIVE VIBES PLAYLIST

In tribute to
Positive Thinking
Day, which falls
on September 13,
we've compiled
a list of songs to
help inspire and
fill you with happy
thoughts!

HAPPY

Pharrell Williams

DON'T WORRY BE HAPPY

Bobby McFerrin

ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE

Monty Python

KEEP ON SWINGING

Rival Sons

UPTOWN FUNK

Mark Ronson/Bruno Mars

IN YOUR ARMS

Nico & Vinz

STEER

Missy Higgins

DOG DAYS ARE OVER

Florence + the Machine

I GOT YOU (I FEEL GOOD)

James Brown

SOMETHING NEW

Axwell'Ingrosso

A SKY FULL OF STARS

Coldplay

DON'T STOP 'TIL YOU GET ENOUGH

Michael Jackson

LET'S GO CRAZY

Prince

I GOTTA FEELIN'

Black Eyed Peas





MOVIES / NEW FLICKS IN SEPTEMBER

Release dates subject to change.

A WALK IN THE WOODS

Genre(s): Adventure, Comedy, Drama Release date: September 2

Starring: Mary Steenburgen, Nick Offerman, Robert Redford, Nick Nolte

Bill Bryson returns to the U.S. from England after two decades abroad. Upon returning to the States, he is fed up with not doing anything and wants to reconnect to his homeland by hiking the Appalachian Trail. Based on the book written by Bill Bryson, a trek that was intended to be relaxing and fulfilling takes a turn when he is accompanied by his wild old friend Stephen Katz. This film is the perfect adventure for Labor Day.

MAZE RUNNER: THE SCORCH TRAILS

Genre(s): Action, Sci-Fi Release date: September 18

Starring: Dylan O'Brien, Nathalie Emmanuel, Thomas Brodie-Sangster

The second installment from "The Maze Runner" trilogy, based on The Scorch Trials, continues with more dystopian science-fiction action. Upon escaping the Maze, the Gladers are faced with a new set of challenges and obstacles as their adventure opens up to new desolate landscapes.

EVEREST

Genre(s): Drama, Thriller Release date: September 18

Starring: Jason Clarke, Jake Gyllenhaal, Keira Knightley, Robin Wright, Sam Worthington, Josh Brolin

The story is based on real events of the 1996 Mount Everest disaster, focusing on the summit and survival attempts of two expedition groups who take on the world's highest mountain. You won't want to miss this breathtaking experience and don't forget your winter jacket, this film is going to give you chills.

PAWN SACRIFICE

Genre(s): Biography, Drama Release date: September 18

Starring: Lily Rabe, Tobey Maguire, Liev Schreiber, Peter Sarsgaard

This biographical drama focuses on American chess champion Bobby Fischer and his legendary matchup against Russian Boris Spassky. Follow Bobby on his journey of genius, madness and challenges of the Soviet Empire. This chess match is much more than a game.

BLACK MASS

Genre(s): Action, Crime, Drama Release date: September 18

Starring: Johnny Depp, Benedict Cumberbatch, Dakota Johnson

The true story of Whitey Bulger, the most infamous violent criminal in South Boston's history, is sure to have you on the edge of your seat. When a mafia family invades Bulger's turf, he becomes an FBI informant and takes matters into his own hands.

HOTEL TRANSYLVANIA 2

Genre(s): Animation, Comedy, Family Release date: September 25

Starring: Adam Sandler, Selena Gomez, Mel Brooks, Kevin James, Andy Samberg, Steve Buscemi

Dracula, Frankenstein and friends are back for more crazy instances in the Hotel. The second installment following 2012's "Hotel Transylvania" introduces Vlad, an old fashioned vampire who arrives at the Hotel for an impromptu family reunion. The Hotel is bound to have solid mix of new and old school supernatural events that will keep the whole family entertained!

THE INTERN

Genre(s): Comedy Release date: September 25

Starring: Anne Hathaway, Robert De Niro

This isn't your average twentysomething-year-old interning for a tech company. Ben Whittaker is a 70-year-old widower who discovered that retirement just isn't cutting it. So, he applies for an internship at an online fashion site, and Jules Ostin, the company's CEO, finds that Ben is much more than an old man intern.

THE WALK

Genre(s): Adventure, Biography, Drama Release date: September 30

Starring: Joseph Gordon-Levitt, Ben Kingsley, Charlotte Le Bon

The tale of Phillippe Petit's high wire walk between the Twin Towers of the World Trade Center on August 7, 1974, comes to life in the biggest way possible – IMAX 3D. Start your walk early with Phillippe and his Twin Tower experience by checking out "Man on Wire" (2008) to see if you can handle the height of "The Walk" this September.



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