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The theme for this weekend is to get outside and enjoy the sunshine. That's after we spent last weekend with Fay and before Gustav brings us more rain. And it's Labor Day weekend, the last party of summer before we put away the white shoes and get out the sweaters. So grab your sunglasses, slather on the sunscreen and keep reading.

My love of all things with "festival" in the title is not a secret, especially to my favorite people — you guys who read this column faithfully. This week Pinson is in the spotlight, hosting the [3rd Annual Butterbean Festival](#). They've got a Miss Butterbean. A contest for the best butterbean and best cornbread recipes. Entertainment on four stages, one just for the kids. A children's parade, a pageant for pooches, car show, 5K and fun run. The folks in Pinson took just about every festival cliché and stuffed into a 9 a.m. to 4 p.m. time frame. Be still my beating heart.

If that is just too much for you, the [Alabama Wildlife Center](#), located in [Oak Mountain State Park](#), is having a Fall Migration Celebration Saturday from 2-6 p.m. You'll probably learn way more about migration than you might think necessary, but who couldn't use more small talk for parties? Mayfield is bringing the ice cream and Publix is pouring the sweet tea. The celebration itself is free but you'll have to pay to get into the park — \$3 for adults, \$1 for kids, 5 and under free.

Celebrate Labor Day Sunday AND Monday at [Historical Tannehill State Park and Ironworks](#). All tours and museums will be open. There will be food, music, activities for the kids like train and pony rides, and much more. The big draw on Monday is the 18th Annual Moon Pie Eatin' Contest. Sweet. Cost is \$3 for adults, \$1 for kids. They say they are easy to get to: Just 2 miles off I-59 and 7 miles off of I-459. Rain or shine.

[Our Lady of Lourdes Catholic Church](#) throws a big ol' party on Labor Day and has been doing so for quite a few years. From 9 a.m. to 4 p.m., you find all the typical community fest activities — arts and crafts, huge yard sale, kiddie games, face painting, food, entertainment, bake sale and more. The church is located at 980 Huffman Road, off Parkway East.

And yes, another way to get outside is to head to the stadium. Football season is here. Sometime on Labor Day, I'll be eating Chick-fil-A for free. Wear a shirt with your favorite football team's logo and you'll get a free order of chicken strips starting at 10:30 a.m. to close. Most stores should be participating in this offer. And it doesn't have to be a college team, so pull out your Bucs and Spartans shirts. As for myself, I'll be wearing black and gold. Go Eagles!