

Ten's Perspective

2026



JUMP INTO
JANUARY

Jump Into January

NOTEWORTHY

Editors Note	03
National Bath Safety Month	04
National Houseplant Appreciation Day	05
National Imagination Day	06
MARTIN LUTHER KING JR DAY	07
National Winnie The Pooh Day	08



National Pharmacists Day	09
National Cuddle Up Day	10
Print and Color for All Ages	11
The Timeless Allure of Garnet	12
Celebrating January Birthdays	13
National Personal Trainer Awareness Day	14
2026: The Year of Intentional Growth, Not Just a Checklist	15
New Year, New You	16



Shop the Store. Featuring Amazon and Walmart products 17

FROM THE KITCHEN

Jen's Perspective Magazine	20
National Hot Tea Month	21
National Green Juice Day	22
National Bagel Day	23
National Hot Chocolate Day	24
National Spaghetti Day	25
National English Toffee Day	26
National Popcorn Day	27
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

A Leap Into Intentionality

Happy New Year, and welcome to our vibrant January issue! As we step into the fresh canvas of 2026, we're embracing a theme that resonates deeply with our mission: The Year of Intentional Growth, Not Just a Checklist. This isn't about a rigid set of resolutions destined for the recycling bin by February. It's about mindful cultivation—of our health, our homes, our hearts, and our society.

This month's calendar is a perfect blueprint for this philosophy. We begin by honoring National Personal Trainers Awareness Day, celebrating those who guide our physical growth. Then, we Cuddle Up and appreciate the quiet, nourishing moments that fuel our emotional well-being. We even look to our leafy companions on National Houseplant Appreciation Day, a reminder that growth is all around us and thrives with dedicated care.

As we explore this path of purposeful living, we're excited to present our "New Year, New You" special section—not about reinvention, but about alignment. Discover the timeless strength of the Garnet, January's birthstone, as we celebrate our readers with January Birthdays. We delve into days that challenge and inspire us, from the profound legacy of National Martin Luther King Jr. Day to the boundless creativity of National Imagination Day.

And because intention can be deliciously fun, we've woven in a tasting menu of January's culinary joys! From National Bagel Day to National Hot Chocolate Day, we show you how to savor each sip and bite. We also highlight crucial awareness like National Bath Safety Month and National Pharmacist Day, honoring the everyday heroes who guard our well-being.

Finally, we take a scenic journey through the state flowers of Arkansas, Missouri, Michigan, and Florida, finding inspiration in their unique blooms and the promise of spring even in the heart of winter.

So, brew a cup of tea (it's National Hot Tea Month, after all!), find a cozy spot, and let this issue be your guide. Let's make 2026 a year where every action, every celebration, and every quiet moment is infused with purpose.

Here's to leaping into January with eyes wide open and hearts ready to grow.

With warmth and intention,

A handwritten signature in a dark brown, cursive script that reads "Jennifer". The signature is fluid and elegant, with a long, sweeping tail on the final letter.



Before you grab the bubble bath and have a good soak, make sure you take a few precautionary measures to prevent an accident from happening to you or a loved one.

Each year thousands of people of all ages visit the emergency room due to bathroom-related slips and falls. The accidents that occur while bathing are often overlooked, but remind us the importance of recognizing bathroom safety.

HOW TO OBSERVE

Installing slip-resistant strips or mats on the bottom of your bathtub or shower and having safety handles installed make it easier for climbing in and out of the tub or shower. It's also a good idea to make sure your bathroom floor is clean, free of spills and has a nonslip rug or mat placed on the floor near the bathtub or shower for balance when exiting. Ensuring water temperature is at or around 120 degrees is important to prevent skin burns.

An accident can happen in an instant so it's recommended children not be left unattended in the bathtub. Preventing bathroom accidents is easy if you take the right precautions and your family will thank you!

Share your upgrades and ideas on social media using [#BathSafetyMonth](#) during the entire month of January.



NATIONAL HOUSEPLANT APPRECIATION DAY



One of the best ways to enhance a space is by adding house plants. The busy holidays cause many of us to neglect some of our regular routines, including houseplant care. National Houseplant Appreciation Day on January 10th serves as a reminder to give your houseplants a little extra attention to keep them thriving.

Those with green thumbs know that having houseplants come with several benefits, some of them are even backed by science.

Houseplant Benefits

- **Boost productivity** – Some studies have shown that indoor plants may improve productivity and performance in the workplace and in school.
- **Reduce anxiety** – Caring for plants provides therapeutic benefits. Similar to outdoor gardening, indoor gardening may help to ease the symptoms of depression, anxiety, and dementia.

- **Reduce air pollutants** – In 1989, NASA published a study that showed plants may improve the air quality for indoor spaces. Since we all know from elementary science that plants consume carbon dioxide and produce oxygen, this study makes sense. The more plants you have the more effective they are at improving air quality. Specific plant species are more effective than others, too. For example, Boston ferns, spider plants, ficus, rubber trees, and bamboo palms clean the air more effectively than other plants.
- **Improved humidity** – Especially in dryer climates and in the winter months, when plants release moisture into the air they improve the humidity in a room. Humidity enhances a home's comfort level, and we also breathe easier when the humidity in our homes is balanced. Also, plants are prettier than humidifiers.

Houseplants offer much to be appreciated, as you can see. Beyond these benefits, houseplants bring the outdoors inside where it can be enjoyed all year long. They fill our homes with color.

You don't have to have a green thumb to care for houseplants, either. Start with forgiving plants such as pathos, philodendron, sansevieria, or spider plant. These plants will bounce back if you forget to water them and won't whine if you accidentally overwater them.

NATIONAL HOUSEPLANT APPRECIATION DAY HISTORY

The Gardening Network founded National Houseplant Appreciation Day in 2012 to help keep houseplants thriving through the winter months. The day also honors all the benefits of growing houseplants.

NATIONAL IMAGINATION DAY

January 19 is National Imagination Day to celebrate the playground of the mind and the power of using your imagination to create endless ideas.

Everyone has a little spark inside of their mind where endless possibilities meet between creativity and reality. Where imagination paints a picture of an unseen idea, bringing exciting possibilities to the forefront of our mind. For many people, using their imagination is what drives their creative thinking to help them thrive and excel. So, what is so special about using your imagination and why is it important?

Whether we realize it or not, our brain is a creative organ that runs on concepts and ideas. We fuel it with new and exciting thoughts created from our imagination and allow our minds to run wild. Learning to embrace our imagination feeds our thinking process and encourages our imaginative mind to never stop learning. The more you use your imagination, the stronger your brain becomes.



Through the Eyes of a Child

Children have vivid imaginations. It's what makes being a kid so much fun. As adults we encourage them to turn a simple bath towel into a superhero cape to rescue a stuffed animal from danger. We tell them to take a ride on the back of a unicorn made from a stick of a tree and fly to their cardboard castle to fight off dragons. Through our encouragement, we help them creating magical opportunities for development in their little minds for:

- Problem-solving
- Critical thinking
- Social
- Cognitive
- Independence



Children have been using fairy tales and stories to enhance their imagination since the beginning of time. Up until the 18th century, these tales were mostly verbally told. Early tales were often used as a way to entice children to behave or listen. They also contained religious themes and moral values. Though children books were printed as far back as the 16th century, written literature for children didn't become popular until the 18th century. Books like *Tales of Mother Goose* (1929) by Charles Perrault, *Lessons for Children* (1778) by Anna Laetitia Barbauld, and *A Christmas Carol* (1848) by Charles Dickens were among a few of the more popular written among families.

FIND YOUR IMAGINATION

Whether you are an adult or a child, using your imagination is essential for growth. Dreaming up an idea leads to amazing innovation. There are endless possibilities to help you celebrate the precious gift of imagination!

1. Write stories, draw pictures, play music, sing or dance, or build something.
2. Read! Take a trip into a world of fantasy by reading about castles, dragons, and magic.
3. Play! Taking a walk on a path through the woods can transport you to a time where mystical creatures live among the trees! Listen to them talk to each other and create your own animal language, too!
4. Surround yourself with creative thinking people. Creative people are always thinking of new ideas and can spark your own imagination to go places it never dreamed of.
5. Spend time every day daydreaming. When you let your mind relax and wonder without restrictions, you enhance your imagination.
6. Share your imagination with those around you on social media using the hashtag #NationalCreativityDay.

MARTIN LUTHER KING JR DAY

MARTIN LUTHER KING JR DAY, ON THE THIRD MONDAY IN JANUARY, HONORS THE AMERICAN CLERGYMAN, ACTIVIST, CIVIL RIGHTS MOVEMENT LEADER. DR. MARTIN LUTHER KING JR.(JANUARY 15, 1929 – APRIL 4, 1968) IS BEST KNOWN FOR HIS ROLE IN THE ADVANCEMENT OF CIVIL RIGHTS USING NONVIOLENT CIVIL DISOBEDIENCE. KING HAS BECOME A NATIONAL ICON IN THE HISTORY OF AMERICAN PROGRESSIVISM. HUNDREDS OF STREETS IN THE U.S. HAVE BEEN RENAMED IN HIS HONOR.

Education

A GIFTED AND FRIENDLY STUDENT, KING ATTENDED MOREHOUSE COLLEGE, WHERE HE EARNED A BA IN SOCIOLOGY. COMBINING A PASSION FOR RACIAL EQUALITY WITH A REDISCOVERED SPIRITUALITY, KING THEN ATTENDED CROZER THEOLOGICAL SEMINARY FOLLOWING IN HIS FATHER’S AND GRANDFATHER’S FOOTSTEPS EARNING A BACHELORS OF DIVINITY.

SHORTLY AFTER HE COMPLETED HIS PH.D. IN THEOLOGY AT BOSTON UNIVERSITY IN 1955, A 42-YEAR-OLD ROSA PARKS (SEE ROSA PARKS DAY, WHICH IS OBSERVED DECEMBER 1) REFUSED TO GIVE UP HER SEAT ON A BUS IN MONTGOMERY, ALABAMA. THE OPPORTUNITY FOR THE NAACP TO BRING THEIR CIVIL RIGHTS EFFORTS TO THE FOREFRONT WAS BEFORE THEM, AND THEY CHOSE KING TO LEAD THE SUCCESSFUL CITY-WIDE BOYCOTT OF THE MONTGOMERY TRANSIT SYSTEM.

Young Civil Rights Movement

JUST OVER A YEAR LATER, KING, ALONG WITH OVER 60 OTHER MINISTERS AND ACTIVISTS, FOUNDED THE SOUTHERN CHRISTIAN LEADERSHIP CONFERENCE. TOGETHER THEY COORDINATED NON-VIOLENT PROTESTS AND GAVE A VOICE TO THE YOUNG CIVIL RIGHTS MOVEMENT.



THROUGH THE NEXT TWELVE YEARS, KING WOULD BE INFLUENTIAL IN ORGANIZING MARCHES, SIT-INS, AND POLITICAL RALLIES FOR CIVIL RIGHTS. DURING A 1963 MARCH ON WASHINGTON, D.C. FOR JOBS AND FREEDOM, KING SPOKE BEFORE MORE THAN 200,000 REGARDING THE CHALLENGES AFRICAN AMERICANS FACE. HIS “I HAVE A DREAM” SPEECH HAS GONE DOWN IN MANY HISTORY BOOKS AS ONE OF THE GREATEST SPEECHES EVER GIVEN. BRUTALLY HONEST, A CALL TO ACTION, AND A VISION OF HOPE, KING’S SPEECH RESONATED THROUGHOUT THE NATION.

AUTHOR, SPEAKER, FATHER, THEOLOGIAN, ACTIVIST. KING DIED ON APRIL 4, 1968, WHEN JAMES EARL RAY ASSASSINATED HIM IN MEMPHIS, TENNESSEE. KING ARRIVED IN MEMPHIS WITH OTHER SCLC MEMBERS IN SUPPORT OF A SANITATION WORKERS’ STRIKE. THEY WERE STAYING AT THE LORRAINE MOTEL WHEN RAY’S BULLET STRUCK KING ON THE BALCONY. RIOTS AND VIOLENCE WOULD FOLLOW, AND PRESIDENT JOHNSON WOULD CALL FOR PEACE, REFERRING TO KING AS THE “APOSTLE OF NONVIOLENCE.”

HOW TO OBSERVE #MartinLutherKingJrDay

MANY SCHOOLS, BUSINESSES, AND GOVERNMENT OFFICES ARE CLOSED DURING MARTIN LUTHER KING JR DAY. SCHOOLS HOLD PROGRAMS OR TEACH CURRICULA ENGAGING STUDENTS IN CIVIL RIGHTS HISTORY AND LESSONS THROUGHOUT THE WEEK. LEARN MORE ABOUT THE CIVIL RIGHTS MOVEMENT AND DR. MARTIN LUTHER KING JR.

USE #MARTINLUTHERKINGJRDAY TO POST ON SOCIAL MEDIA.



This friendship inspired a collection of books starting with Winnie-the-Pooh in 1926. The books were illustrated by E.H. Shepard.

In the 1960s, Disney bought the rights to the Winnie-the-Pooh characters dropping the hyphen from Pooh's name. The illustrations were a bit different, too.

Milne's stories have been translated into over 50 languages and are considered classic children's stories today.

HOW TO OBSERVE

Snuggle up with your favorite Pooh fan, a pot of honey and take turns reading about the adventures of Winnie the Pooh. Use #WinnieThePoohDay to post on social media.

National Winnie the Pooh Day is observed annually on January 18th.

Author A.A. Milne brought the adorable, honey-loving bear to life in his stories which also featured his son, Christopher Robin. National Winnie the Pooh Day

commemorates Milne's January 18, 1882, birthday.

Milne's lovable Pooh Bear, as he was fondly called, is a fictional bear inspired by a black bear named Winnie who lived at the London Zoo during World War I.

The author's son, Christopher Robin, would visit the bear often and named his own teddy bear after her and a swan named Pooh.

Explore More...

[National Bug's Bunny Day](#)

[National Garfield the Cat Day](#)

[National Donald Duck Day](#)

[Mickey Mouse Birthday](#)

National Cartoonists Day



National Pharmacist Day on January 12th annually recognizes and honors all pharmacists across the nation.

The role of pharmacists has shifted over the years. Where once they served as the classical “lick, stick and pour” dispensary, they now serve as an integrated member of the health care team. Pharmacists are often directly involved in patient care and play a vital role in a patient’s recovery.

Historically, pharmacists primarily checked and distributed drugs to doctors for patient prescribed medication. In modern times, pharmacists advise patients and health care providers on the selection, dosages, interactions, and side effects of prescriptions. Additionally, their role includes being a learned intermediary between a prescriber and a patient. By monitoring the health and progress of patients, pharmacists can then ensure the safe and effective use of medication.

Pharmacists work long hours, usually standing the entire time. Along with dispensing pills and providing advice on medications, pharmacists also administer immunizations. Pharmacists who conduct research discover and test new medications, too.

- Do you wonder how Agatha Christie came to know so much about poisons for her murder mysteries? She was once a pharmacy dispenser during World War I.
- Coca-Cola, Pepsi, Dr. Pepper, and Ginger Ale were all invented by pharmacists
- Before running for President of the United States, Hubert Humphrey earned his pharmacy license and worked in his father’s pharmacy.
- William Procter, Jr., (May 3, 1817 – February 10, 1874) dedicated his career to the science of pharmacy. He wrote the first textbook on pharmacy for students in the United States and advocated for the founding of the American Pharmaceutical Association. His dedication earned him the name Father of Pharmacy.

Use #NationalPharmacistDay to post on social media.

NATIONAL CUDDLE UP DAY

Each year on January 6th, National Cuddle Up Day encourages us to snuggle up with someone for the health benefits and more!

January is typically some of the coldest days of the year, so what better way to stay warm and reap the health benefits of cuddling on National Cuddle Up Day? Whether it's a three dog night (a night so cold it takes three dogs to cuddle up with to stay warm) or only slightly chilly, there are multiple benefits to cuddling with your favorite humans or pets.

Cuddling releases oxytocin. This hormone alone has tremendous health benefits. Besides giving us warm and fuzzy feelings, oxytocin reduces pain. So when the cold has made those muscles and joints ache, cuddling can help reduce those aches and pains.

Oxytocin also helps reduce heart disease, lowers blood pressure, stress, and anxiety. If it weren't free, insurance carriers would probably cover cuddling since it's such a huge health benefit!

Communication is more than just e-mails, texts, or conversation. Physical touch can communicate trust, commitment, safety, and reassurance. This goes for human to human contact as well as human to pet contact. Cuddling expresses all these things, which are vital to a healthy relationship.

Cuddling also boosts sexual desire. Dopamine is released, stimulating the brain to seek pleasure. But dopamine also can improve memory and focus as well.

Cuddling also boosts sexual desire. Dopamine is released, stimulating the brain to seek pleasure. But dopamine also can improve memory and focus as well.

Don't have someone to cuddle up with? Make an appointment for a massage. Studies show massage provides similar benefits.

Explore More...

[Random Acts of Kindness](#)

[Upsy Daisy Day](#)

[Happiness Happens Day](#)

[National Compliment Day](#)

[Make A Difference Day](#)

[National Day of Encouragement](#)

[Be an Angel Day](#)

[Do Something Nice Day](#)

[National Hugging Day](#)

[National Say It Now Day](#)

[National Hug Your Hound Day](#)

[National Hug Your Cat Day](#)

[Hug a G.I. Day](#)

[Hug a Newsperson Day](#)

[National Hug a Plumber Day](#)





Happy
New
Year!



The Timeless Allure of Garnet

January babies, you enter the world under a quiet, frosty sky just as the new year begins—a perfect moment for fresh starts and bold resolutions. Your birthstone, garnet, mirrors that energy beautifully. Far from being just a single red gem, garnet appears in nearly every color of the rainbow (except blue), yet it's the deep, wine-red variety that has captured hearts for centuries. Ancient warriors wore garnet into battle for protection, medieval lovers exchanged it as a pledge of devotion, and today it remains the ultimate symbol of passion, commitment, and enduring love.

The name "garnet" comes from the Latin *granatum*, meaning "seed" or "pomegranate," because its rich crimson crystals resemble the juicy arils of that mythic fruit. In lore, garnet is tied to perseverance and hope—no wonder it became the stone for those born in the first month of the year, when we all need a little extra fire to chase away winter's chill. It's believed to inspire courage, boost creativity, and even safeguard travelers (perfect for anyone planning a birthday getaway in the snowy season).

Romantically, few stones rival garnet's reputation. In Victorian times, it was the ultimate token of deep, steadfast love. A garnet ring or pendant whispered "I will love you through every storm." Legend says it lights a flame in the heart that never dims, making it a favorite for second wedding anniversaries and January engagements. Couples often choose garnet jewelry to mark milestones because it carries the promise: "My love for you is as constant as this stone."



Beyond romance, garnet is a stone of vitality and strength. It's said to energize the wearer, balance emotions, and spark inspiration—qualities every January birthday star needs when the post-holiday slump threatens motivation. Wearing your birthstone close (whether as a bold cocktail ring, delicate earrings, or a simple pendant) is like carrying a pocket-sized pep talk that says, "You've got this."

So to everyone blowing out candles this month: Happy Birthday! May your year glow with the same fierce, gorgeous light that radiates from your garnet. May it remind you that even in the coldest season, there is warmth, passion, and unbreakable love waiting to be discovered. Here's to you, January gems—you were born to shine. ❤️

Celebrating January Birthdays



4. NATIONAL PERSONAL TRAINER AWARENESS DAY



National Personal Trainer Awareness Day kick starts the year on January 2nd with a day to appreciate the professionals who help us to keep our resolutions, one step at a time.

With getting in shape as one of the biggest resolutions each new year, personal trainers know they will be in high demand. Their jobs are not only to motivate us but also to make sure we learn how to work our bodies safely. Injuries due to misuse of equipment or not properly warming up our muscles keep us from keeping our resolutions just as much as lack of motivation.

Personal trainers play a crucial role in helping people achieve their health and fitness goals.

Personal trainers design customized programs for their clients. The plan should fit their current physical fitness and goals. They will teach correct techniques with the equipment and tools available. Additionally, personal trainers encourage, motivate, and help to hold you accountable for your physical fitness. They help you to learn how to track your goals and guide you to your next step of physical fitness. All along the way, they will challenge you and make sure you continue to use proper form to prevent injury while also aiming toward your best health.

HOW TO OBSERVE PERSONAL TRAINER AWARENESS DAY

Give a shout-out to your personal trainer. Do your resolutions include physical fitness? Maybe a personal trainer is right for you. Exercise your best judgment and let a personal trainer design a program just for you. For excellent tips on finding the right personal trainer, visit [WebMD](https://www.webmd.com). Use [#PersonalTrainerAwarenessDay](https://twitter.com/PersonalTrainerAwarenessDay) to post on social media.

2026: The Year of Intentional Growth, Not Just a Checklist

As the final hours of 2025 slip away, the familiar urge arrives: the compulsion to draft a list of New Year's resolutions. We envision a better, shinier version of ourselves—one who exercises daily, finally learns that language, or conquers their inbox. Yet, so often, by February, these grand proclamations fade into the background of our busy lives, leaving a faint residue of guilt. For 2026, let's shift the paradigm. Instead of a rigid list of demands, what if we approached the new year as an opportunity for intentional growth? Let's build a framework for meaningful progress that is sustainable, fulfilling, and kind to ourselves.



This begins with quality over quantity. Rather than a daunting scroll of ten sweeping goals, choose one to three core themes for your year. Perhaps 2026 is your year of “Cultivating Creativity,” “Deepening Connections,” or “Building Sustainable Energy.” Under a theme like “Sustainable Energy,” your focus could gently encompass better sleep hygiene, joyful movement, and mindful nutrition—interconnected habits that support each other. This thematic approach is more flexible and holistic than vowing to “lose 20 pounds” or “go to the gym every day,” which can feel like punishing chores.

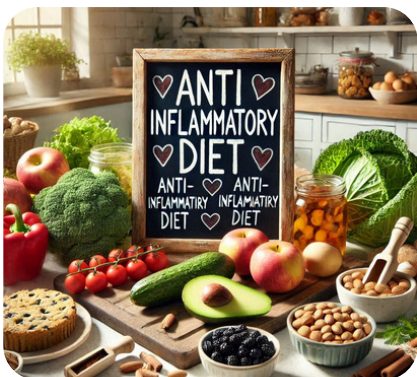
Next, we must embrace systems over goals. A goal is an outcome you wish to achieve, but a system is the collection of daily habits that gets you there. Instead of resolving to “write a novel,” commit to a system: “I will write for 30 minutes every morning with my coffee.” The goal might feel distant and overwhelming, but the system is a small, manageable action that compounds. Your success becomes measured not by a far-off finish line, but by your consistent engagement with the process itself. This removes the “all-or-nothing” pressure that derails so many resolutions.

Crucially, our blueprint for 2026 must include self-compassion as a non-negotiable. Progress is never a perfect, upward line. There will be off weeks, busy months, and days where your best-laid plans fall apart. The key is to reject the inner critic that declares total failure. Treat a missed workout or an indulgent meal not as a catastrophe, but as a single data point. Simply acknowledge the lapse, understand its cause without judgment, and gently guide yourself back to your system. Perfection is the enemy of the good, and kindness is the fuel for long-term change.

As we stand on the threshold of 2026, let's not just make another list to abandon. Let's craft a personal manifesto for intentional living. Choose your themes, design supportive systems, and grant yourself grace throughout the journey. Imagine next December looking back not at a list of crossed-off tasks, but at a year lived with more purpose, presence, and authentic growth. Here's to a 2026 defined not by what we demanded of ourselves, but by how meaningfully we chose to grow.

New Year, New Diet

Embarking on a new diet as a New Year's resolution is a powerful act of self-investment, symbolizing a collective turn toward renewal and improved well-being as the calendar resets. This commitment often stems from a genuine desire for positive change, whether the goal is increased energy, better health, or a sense of personal accomplishment. However, the key to transforming this common January ambition into a lasting, rewarding lifestyle shift lies not in extreme restriction, but in cultivating a sustainable, mindful, and compassionate approach to nourishment. By setting realistic intentions, focusing on gradual habit formation, and prioritizing balance over perfection, you can move beyond the cycle of short-lived resolutions and build a healthier relationship with food that endures throughout the year and beyond.





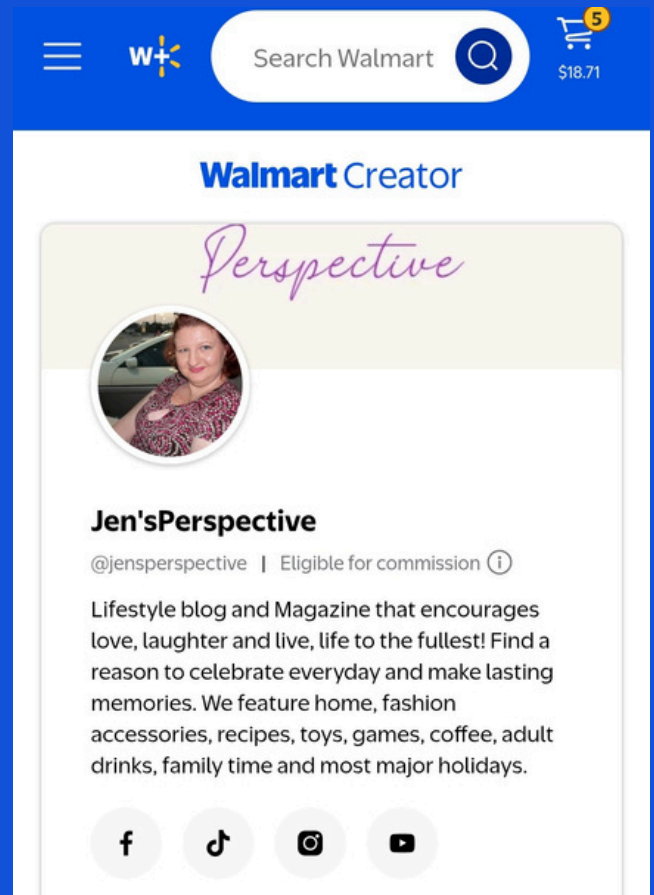
Jen's Perspective is so excited to announce we are now Officially a Walmart Creator! Our storefront on their site as well as featured products across our site and various social channels will help fund our continued growth.

As you know our Affiliate store is filled with featured products from posts, platlists, gift guides and more. We are now Officially adding Walmart to our curated selections. This will allow us to curate Walmart exclusive items, brands, and our favorite products into holidays and more.

We are kicking off this by featuring Halloween and Christmas decor on our Walmart store front. Find it [here](#).

While we still prefer Amazon for a lot of things, there are definitely some items, deals, exclusives and things you just need to see in person. We hope this expansion adds more variety and even price points.

Rest assured no matter the affiliate purchase it does continue to support more great content. My hope is to expand both our subscribers and start eking out small income to help support both myself and eventually add more contributions especially with disabilities like me. One of the reasons I founded this blog is to raise awareness for stroke victims. Our story is not over and while we may struggle with disabilities that preclude regular employment we do contribute to society by making our voices heard.



Amazon

For Your New Year Needs



Outlet deals



Tap to Shop

Walmart Jump Into Your New



Tap to Shop

JEN'S PERSPECTIVE MAGAZINE

**Start Your
Subscription Today!**



Established June 2024

Join us with a
subscription today.

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

Something for
Everyone

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

NATIONAL HOT TEA MONTH



Bitter cold January days call for nothing less than a long bath, candles lit, and cup after cup of hot tea to warm you up from the inside out. A hot, steamy cup of tea is perfect for any time of the day. Happy National Hot Tea Month, do yourself a favor and enjoy tea as much as you want this month!

We'll break down for you what kinds of tea are good for your health at certain times of the day in just a minute. First, have you ever wondered where tea came from, and what made someone put leaves in hot water for flavor? Well, legend says in 2737 BC, a Chinese emperor was sitting under a tree while his servant boiled drinking water when some leaves blew into it. The emperor happened to be a renowned herbalist, and he decided to taste the infusion that had just been created by accident... He loved it, and that's where tea comes from! Here are some of the best benefits tea has to offer:

- Tea is packed with antioxidants. These help keep our bodies “young” and protect them from toxins.
- It has less caffeine than coffee. (The kinds that do contain caffeine) usually contain about 50% less than coffee which means you can drink it without affecting your nervous system.
- Research shows a correlation between tea and heart health. A recent study says people who drink tea have a 20% less chance of having a stroke or heart attack than those who don't.
- It can help with weight loss, especially when paired with a well-balanced diet and exercise. Tea is usually calorie-free, and it can give you energy and cause your body to burn more calories throughout the day.
- It's an immune system booster. Studies show that tea helps immune cells reach their targets more quickly.

HOW TO OBSERVE

Sip some tea and post an aesthetically pleasing photo of it to social media using #NationalHotTeaMonth, #HotTeaMonth, or #TeaTime. The best part is, there's a tea for literally any and every time of day! Some is packed with natural caffeine, other kinds are caffeine-free and created for you to drink at night to promote a deep, healthy night's sleep.

NATIONAL GREEN JUICE DAY

The holidays may be over, but the New Year celebration and commitments to our resolutions continue with National Green Juice Day on January 26th. Every year, the celebration encourages people to stick to their health and wellness resolutions by drinking a green juice.

There are several veggie-centric ways to celebrate and inspire health and wellness habits in the New Year.

NATIONAL GREEN JUICE DAY HISTORY

After finding that more than 50 percent of Americans break their New Year's resolutions by the end of January*, Evolution Fresh founded National Green Juice Day in 2016 as a way to empower people to press ahead with their wellness resolutions by drinking a green juice.

*Survey was conducted by Wakefield Research on behalf of Evolution Fresh among 1,001 American adults age 18+ using an email invitation and online survey in December 2015.

[National Smoothie Day](#)

[Global Smoothie Day](#)

[National Beverage Day](#)

[National Punch Day](#)



HOW TO OBSERVE #NationalGreenJuiceDay & #GotMyGreens

- Grab a bottle of cold-pressed green juice for a simple way to get more nutrients from green vegetables in your daily diet.
- Start off your morning by making your own green juice at home using Evolution Fresh's Morning Greens Smoothie recipe.
- Share photos on social media using #NationalGreenJuiceDay and #GotMyGreens.

Explore More...

[International Coffee Day](#)

[International Tea Day](#)

[National Iced Tea Day](#)

[National Lemonade Day](#)



NATIONAL BAGEL DAY

Toast up your favorite flavor on National Bagel Day. On January 15th, don't forget to pick your favorite schmear, too. Make it for breakfast, lunch, snack, or all of the above!

This kosher carbohydrate brings complex flavors to the deli and sandwich bar. In the United States, we love our crunch-on-the-outside-chewy-on-the-inside bread. So they're a staple in our freezers and as a winter pick-me-up.

Bagel History

Polish-Jewish immigrants introduced the bagel to the United States. Throughout New York City and the surrounding boroughs, they grew thriving businesses. Of course, it didn't take long for the bakers to organize. In 1907, they created the International Beigel Bakers' Union. For decades, Bagel Bakers Local 338 held contracts with nearly all bagel bakeries for its workers in and around the city.

Until the 1960s, bakeries made bagels by hand. Then Daniel Thompson invented the bagel maker, and along came a heated debate of man versus the machine. Thereafter, the question of the better bagel dangled before customers. Was it the handcrafted beigel or the manufactured bagel?

Until the 1960s, bakeries made bagels by hand. Then Daniel Thompson invented the bagel maker, and along came a heated debate of man versus the machine. Thereafter, the question of the better bagel dangled before customers. Was it the handcrafted beigel or the manufactured bagel?

The bagel became more common throughout North America during the last quarter of the 20th century. Credit for the bagel's spread across the country goes in part to the efforts of bagel baker Harry Lender, his son, Murray Lender, and Florence Sender. Their pioneering efforts led to the automated production and distribution of frozen bagels in the 1960s. Murray also invented pre-slicing the bagel.

HOW TO OBSERVE NATIONAL BAGEL DAY

Have your favorite bagel combinations. Invite friends to get a schmear or two with you. Try new combinations. Do you like yours toasted or not? Breakfast bagels, pizza bagels, cinnamon bagels, they all sound so delicious right now. Which one will you choose?

Maybe you are unable to celebrate today. That doesn't mean you miss out! Grab a gift card and celebrate later.

Brush up on the bagel's history in the United States. It's a vibrant and enduring one. Use #NationalBagelDay to share your favorites and give your favorite bagel shop a shoutout, too!

NATIONAL HOT CHOCOLATE DAY

Every year on January 31, National Hot Chocolate Day warms people up across the country. Try celebrating this, timeless cold-weather beverage.

Hot chocolate is a warm beverage made with ground chocolate, heated milk or water, and sugar. In America, we often use the terms hot chocolate and hot cocoa interchangeably. However, the two beverages are different. Try it with your favorite cookie or cake if you're feeling really indulgent, and need a break from that New Years diet you started.

COCOA VS HOT CHOCOLATE

We make hot cocoa with cocoa powder, heated milk or water, and sugar. We're able to do this thanks to a process developed by father and son chemists. The thicker, more flavorful beverage, we make hot chocolate from ground chocolate containing cocoa butter. It's also called drinking chocolate. Hot chocolate has also been around longer than hot cocoa. In the early 1800s, Casparus van Houten Sr. developed a process to separate the cocoa solids from the butter. His son, Coenraad Johannes made those fats more soluble in water. Together their processes made cocoa powder possible.



But before then, everyone drank hot chocolate. This thicker, creamier beverage often offered medicinal benefits for stomach ailments during the 19th century. In the 17th and 18th centuries it was a rare treat.

Especially in some European countries like Britain. Long before the beverage's popularity in Victorian times, it served in ceremonial culture.



2000 years ago, the Mayans likely created the first chocolate beverage. A cocoa beverage was also an essential part of Aztec culture by 1400 AD. Europe popularized the drink after it was introduced from Mexico in the New World.

MAKE IT AND BENEFIT

Hot chocolate can be enjoyed in a variety of combinations, topped with whipped cream or marshmallows. Sometimes a sprinkle of cinnamon or a dash of peppermint makes the chocolate extra special. In the United States, an instant form of hot chocolate is popular. It is made with hot water or milk and a packet containing mostly cocoa powder, sugar, and dry milk. People enjoy topping it with marshmallows or whipped cream.

There are health benefits to drinking hot chocolate. Cocoa contains significant amounts of antioxidants that may help prevent cancer. It has also been shown that the cocoa beans help with digestion. The flavonoids that are found in the cocoa also have a positive effect on arterial health.

My favorite fact about chocolate is the way it affects your brain. Did you know it signals the pleasure center of your brain? This is why you get that warm contentment feeling after chocolate. One more reason to look forward to those boxes of chocolates at Valentine's Day. Of course you can always just order your own year round.

NATIONAL SPAGHETTI DAY



THE WORD SPAGHETTI IS PLURAL FOR THE ITALIAN WORD SPAGHETTO, WHICH IS A DIMINUTIVE OF SPAGO, MEANING “THIN STRING” OR “TWINE.”

National Spaghetti Day on January 4th offers an opportunity to pick your sauce and add it to that long, thin cylindrical pasta of Italian and Sicilian origin. Usually made from semolina flour, this pasta has been a worldwide favorite for ages and loved by millions.

There are a variety of different pasta dishes based on spaghetti, and the sauce determines most of them. Some examples include spaghetti ala Carbonara, garlic and oil, tomato sauce, meat sauce, bolognese, Alfredo sauce, clam sauce or other sauces. We traditionally serve spaghetti dishes topped with grated hard cheeses such as Pecorino Romano, Parmesan and Grana Padano.

American restaurants offered Spaghetti around the end of the 19th century as Spaghetti Italiane (which is believed to have consisted of noodles cooked past al dente and a mild tomato sauce flavored with easily found spices and vegetables such as cloves, bay leaves, and garlic). Decades later, cooks added oregano and basil to many recipes.

ON TOP OF SPAGHETTI

In March of 2009, the world record for the largest bowl of spaghetti was set and then reset in March of 2010 when a Garden Grove California Buca di Beppo restaurant successfully filled a swimming pool with more than 13,780 pounds of pasta.

Sung to the tune of “On Top of Old Smoky,” the fun children’s song, “On Top of Spaghetti,” was written and originally sung by folk singer Tom Glazer with the Do-Re-Mi Children’s Chorus in 1963.

“On top of spaghetti,
All covered with cheese,
I lost my poor meatball,
When somebody sneezed.

It rolled off the table,
And on to the floor,
And then my poor meatball,
Rolled out of the door.”

HOW TO OBSERVE #NATIONALSPAGHETTIDAY

Make your favorite spaghetti dish and be sure to make enough to share. You can always invite friends to join you at your favorite Italian restaurant and split a plate. If you do, be sure to tag the restaurant and use #NationalSpaghettiDay to post on social media.

NATIONAL ENGLISH TOFFEE DAY

On January 8th, National English Toffee Day celebrates a favored confection that's been enjoyed across the country for generations.

In the United States, English toffee is a popular variant of the original toffee. A butter confection topped with almonds, it's made by caramelizing white sugar with butter and can be both hardened or chewy. The Heath bar is a type of candy bar made with an English toffee core.

However, the British make toffee with only brown sugar, not white. And while they typically do not add nuts, they will add a layer off chocolate. Don't hesitate to try dark, milk or white chocolate with English toffee. All varieties add a different texture and flavor.

Both the American and British versions are enjoyed all year long, though.



HOW TO OBSERVE #ENGLISHTOFFEEDAY

Gather up your ingredients. Making toffee can be both challenging and rewarding. It's also a beautiful candy with delicious textures. Share it with the office or family members. Visit your favorite bakery or candy shop to pick up an order of English toffee freshly made.

Use #EnglishToffeeDay to post on social media.



NATIONAL POPCORN DAY

On January 19th, National Popcorn Day pops onto the scene with a crunch we all love to enjoy! The annual celebration recognizes a treat that satisfies munchies, day or night.

This time-honored snack can be sweet or savory, caramelized, buttered or plain, molded into a candied ball, or tossed with nuts and chocolate. However it is enjoyed, enjoy it on National Popcorn Day, January 19th.

The word “corn” in Old English meant “grain” or, more specifically, the most prominent grain grown in a region. When Native Americans introduce their most common grain, maize, to early Europeans, they aptly applied the word “corn.”

As early as the 16th century, the Aztecs used popcorn in headdresses worn during ceremonies honoring Tlaloc, their god of maize and fertility. Early Spanish explorers were fascinated by the corn that burst into what looked like a white flower.

Popcorn started becoming popular in the United States in the middle 1800s. It wasn't until Charles Cretors, a candy-store owner, developed a machine for popping corn with steam that the tasty treat became more abundantly poppable. By 1900 he had horse-drawn popcorn wagons going through the streets of Chicago.

At about the same time, Louise Ruckheim added peanuts and molasses to popcorn to bring Cracker Jack to the world. Then in 1908, the national anthem of baseball was born. Jack Norworth and Albert Von Tilzer wrote Take Me out to the Ballgame. From that point onward, popcorn, specifically Cracker Jack, became forever married to the game.

HOW TO OBSERVE

#NationalPopcornDay

Pop your favorite popcorn and share a bowl with a friend. Please take a photo and share it on social media using #NationalPopcornDay.



Amazon Prime 30-Day Trial



Wedding Registry



Prime Try Before You Buy



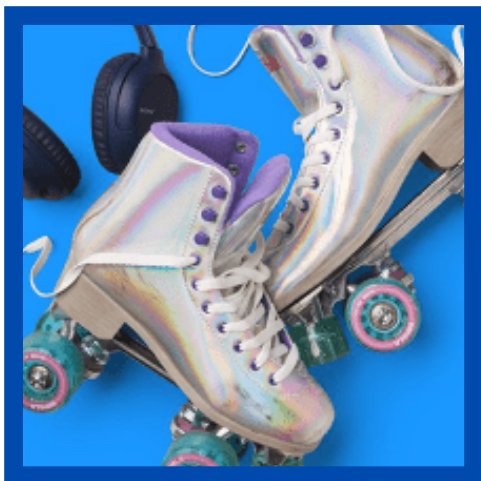
Amazon Music Unlimited



Amazon Fresh



Kindle Unlimited



Gift List



Climate Pledge-Friendly



Baby Registry



Black is Remarkable



Small Business



Amazon Launchpad



New & Noteworthy.



Customers' Most-Loved



Clinique



Aéropostale



Most Wished For



#FoundItOnAmazon



Amazon Home



Amazon Devices



Internet Famous

U. S. State Days



Coming soon.

