

Ten's Perspective

2026



FASCINATION
WITH
FEBRUARY

Fascination with February

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

Welcome to “Fascination with February,” an exploration of a month that masterfully oscillates between the depths of winter and the first whispers of spring. This is a time of dynamic contrasts, embodied by the quirky tradition of Groundhog Day, where a rodent’s shadow dictates our seasonal expectations. February invites us to look both backward and forward—commemorating historic moments like the “Day the Music Died,” which reminds us of culture’s fragile nature, while also urging practical modern resets like National Clean Out Your Computer Day and Cut the Cord Day. It is a month of preparation and anticipation, where we tidy our digital and physical spaces, perhaps to make room for the imminent bloom of spring or the simple joy of flying a kite against a crisp, late-winter sky.

At its heart, February is a celebration of warmth and comfort amidst the cold. This is most evident in the universal focus on love and connection on Valentine’s Day, which we extend with guides for heartfelt gifts and the cozy embrace of National Comfy Day. The culinary calendar underscores this theme of indulgence and solace, from the rich traditions of Fastnacht & Paczki Day and Mardi Gras feasts before Lenten reflections, to the wholesome simplicity of homemade soup and the delightful extravagance of Baked Alaska. Even National Snack Food Month fits perfectly—a nod to the little joys that sustain us through shorter days, reminding us that comfort can be found in both a grand gesture and a simple almond.

Yet, February’s tapestry is woven with threads of profound respect and civic duty. It hosts Presidents’ Day, prompting reflection on national leadership and legacy. Simultaneously, it elevates voices with observances like VET Girls Rise Day, honoring the critical contributions of women veterans. This sense of responsibility extends to our communities and environment through World Spay Day and the call to Set a Good Example. The month’s birthstone, amethyst, with its connotations of clarity and calm, provides a fitting symbol for this reflective and purposeful aspect of February’s character, a time to think beyond oneself.

Finally, this month is a vibrant patchwork of regional pride, showcasing the unique flavors that different states bring to the national table. From the citrus groves of California and the dairy lands of Wisconsin to the Texan spirit and Iowa’s heartland, local celebrations infuse these national observances with distinct character. As we journey through this collection, we invite you to embrace the fascinating duality of February: a short month that is nonetheless packed with meaning, offering moments for indulgence, improvement, reflection, and regional celebration. Here’s to finding fascination in every frosty morning and every early sunset.

A handwritten signature in a cursive script, reading "Jennifer". The signature is written in a dark brown or black ink, with a stylized, flowing style. The letter "J" is large and loops around, and the "V" at the end is also stylized with a long, sweeping tail.



National Groundhog Day on February 2nd each year asks one question. Will he see his shadow? Ok, well maybe it asks another question. Will there be six more weeks of winter?

Groundhog Day is observed on February 2nd, each year in the United States and Canada. The United States and Canada observe Groundhog Day on February 2nd. On this day, traditionally the groundhog awakens from his nap for a nice welcomed break during the winter to see if he can see his shadow. Many believe if the groundhog sees his shadow there will be six more weeks of winter. If this is so, he retrieves back into his den and goes back to sleep. If he does not see his shadow, the groundhog remains outside to play, and people celebrate believing spring is just around the corner.

Tradition

The tradition of predicting the length of the remaining winter is intertwined with the Christian holiday, Candlemas. The clergy would bless candles symbolizing the 'light of the world' to give to their congregations. Another tradition associated with this day is eating crepes. Germans practiced the art of predicting the winter with a hedgehog. When they arrived in the United States, they settled in the hills of Pennsylvania, and the groundhog became the official predictor.

Punxsutawney, Pennsylvania has been chosen as the site for the annual Groundhog day event. Thousands of people come to the town of Punxsutawney on Groundhog Day for this day of celebration.

Although already a well known day, Groundhog Day received widespread attention as a result of the 1993 film Groundhog Day, which was set in Punxsutawney and portrayed Roger Rinninger as the groundhog.

NATIONAL GROUNDHOG DAY HISTORY

An early American reference to Groundhog Day can be found in a diary entry, by storekeeper James Morris, dated February 4th, 1841, of Berks County, Pennsylvania.

"Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate."

HOW TO OBSERVE #NationalGroundhogDay

Check if the groundhog has seen its shadow. You can also watch the movie Groundhog Day. Read the Farmer's Almanac to find out the likelihood of an early spring. Share your predictions on whether Punxsutawney Phil will see his shadow using #NationalGroundhogDay to post on social media.



NATIONAL COMFY DAY HISTORY

“The Comfy Bros” founded National Comfy Day to be celebrated on February 20th, the day The Comfy was invented! Their story starts back in 2017 when Michael and Brian Speciale transformed the way the world stays warm by inventing the world’s first true wearable blanket. Just a month after forming their company, The ‘Comfy Bros’ were invited to make their pitch on ABC’s Shark Tank. With only a prototype in hand, they closed a deal with Barbara Corcoran, and The Comfy went on to become the third most successful product ever to launch on Shark Tank.

Today, The Comfy has expanded to a range of products designed to wrap everyone in a giant, warm hug. The Comfy Bros remain true in their mission to bring happiness to all and give back through their Comfy Cares program. The Comfy is available in over 100 countries, has made millions of customers happy, has over 30,000 5-star reviews, and has press coverage ranging from Good Morning America to USA Today to the Today Show! So take our advice, get Comfy this National Comfy Day!

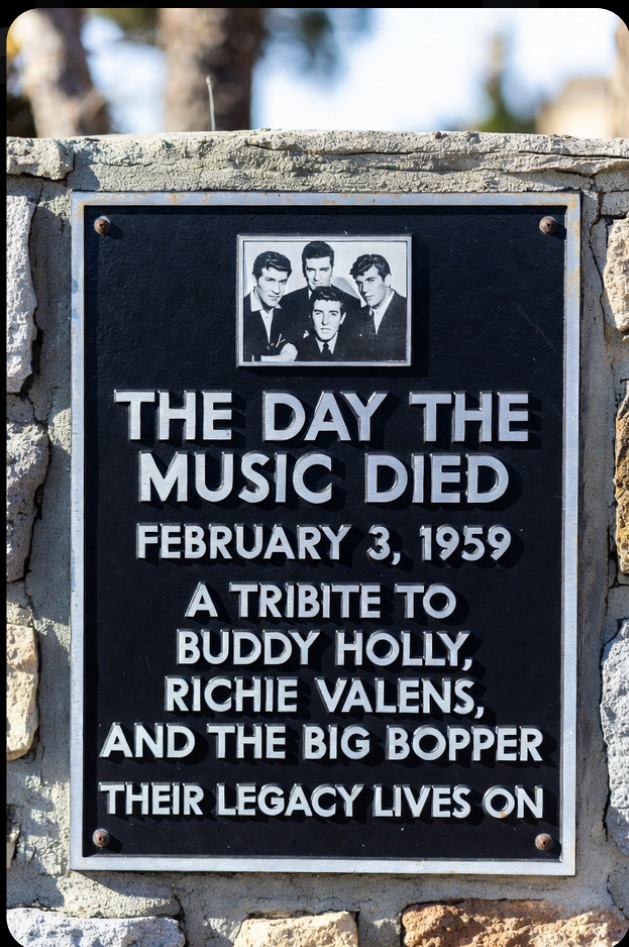
HOW TO OBSERVE NATIONAL COMFY DAY

Live the comfy life! Giving and receiving comfortable gifts, as well as dressing comfy, are all part of this. Everyone, friends, and family, should be comfy from head to toe! Now, show us how you’re celebrating National Comfy Day with #NationalComfyDay on social media!

On National Comfy Day, February 20th, allow yourself to get comfortable and relax! It’s time to get cozy in your favorite place and take a break from the daily grind.

The word “comfy,” which is short for “comfortable,” is used to describe places and activities that put us at peace. Ultimately, what binds us all is the need to be at ease. Some people are pulled to a certain blanket. Some people think of a relaxing vacation. Our furry friends or a special hoodie can also contribute to our sense of well-being. The level of comfort rises even further when you add in some relaxing music and delivery of food.

The goal of National Comfy Day is to help people find their ideal level of comfort and to revel in it!



The Day the Music Died Day on February 3rd remembers the unfortunate and untimely death of singers 22-year-old Buddy Holly, 17-year-old Richie Valens, and 28-year-old J. P. Richardson, aka: "The Big Bopper." These three artists died in an airplane accident on February 3, 1959, near Clear Lake, Iowa. Their pilot, Roger Peterson, also perished in the crash.

The Day the Music Died was dubbed so by Don McLean's song "American Pie"

Buddy Holly's band was on tour and had played at the Surf Ballroom in Clear Lake. They were headed to their next destination in Moorhead, Minnesota. For this leg of their journey, they decided to take a charter plane rather than go with their tour bus. Richardson "The Big Bopper", had swapped places with Waylon Jennings, taking the latter's place on the plane and Tommy Allsup had lost his place to Ritchie Valens in a coin toss.

Not long after takeoff, they were no longer able to be reached by radio, and they did not reach their destination.

The aircraft was reported missing. The next day, the wreckage was found less than 6 miles northwest of the airport in a cornfield. Poor weather conditions and pilot error were determined, during the investigation, to have been the cause of the pilot losing control of the plane.

Pilgrimage & Tribute

The tragic event echoed through history for over 50 years. Visitors still make the pilgrimage each year to Clear Lake, Iowa, the resort town about 110 miles north of Des Moines, as this was the point of their last concert before the fatal accident.

"The day the music died" is a line in the 1972 Don McLean hit "American Pie." McLean's song, which he wrote in the late 1960s and released in 1971, was in part inspired by the tragic event which took the lives of three great musicians and their pilot.

"American Pie" lyrics by Don McLean

*"But February made me shiver,
With every paper I'd deliver,
Bad news on the doorstep
I couldn't take one more step.
I can't remember if I cried
When I read about his widowed bride
But something touched me deep inside,
The day the music died."*

HOW TO OBSERVE #TheDayTheMusicDied

Listen to some of the music by
Richie Valens, Buddy Holly, or
The Big Bopper.

Use #TheDayTheMusicDied to
post on social media.

National Presidents Day

On the third Monday in February, the United States celebrates the federal holiday known as Presidents Day. The day takes place during the birth month of the country's two most prominent presidents, George Washington and Abraham Lincoln. While the day once only honored President George Washington on his birthday, February 22nd, the day now never lands on a single president's birthday.

Across the country, most Americans know the day as Presidents Day. More and more of the population celebrates the day to honor all of the past United States Presidents who have served the country. Throughout the country, organizations and communities celebrate the day with public ceremonies.

Did You Know...

- U.S. presidential elections are held every four years. The next presidential election will be held in 2024.
- U.S. presidents take the oath of office according to the 20th Amendment of the United States Constitution. It states that the term of each U.S. President begins at noon on January 20th following the election. The oath of office is taken during the inauguration on that day.
- The United State's first president, George Washington, took his oath of office on April 30, 1789, at the federal hall in New York City.



HOW TO OBSERVE PRESIDENTS DAY

- Some businesses close for the day, including banks and federal buildings, so make a note.
- Celebrate your favorite U.S. president.
- Watch a documentary about the POTUS. For example, The Presidents by the History Channel.
- See if you can name all the presidents in order.
- Challenge yourself to some presidential trivia:
- Who are the three presidents who served in 1841?
- Forty years later, this same phenomenon occurred again in 1881. Name the three presidents who served that year.
- Name the three presidents who died on July 4th.
- Who were the four presidents who were assassinated while in office?
- Use #PresidentsDay to post on social media.



On February 19, National Vet Girls RISE Day recognizes the immense dedication of the nearly 2 million U.S. veteran women.

On National Vet Girls ROCK Day, not only is it a day to recognize women veterans, but it's a day for women veterans to support one another and to share resources, build relationships and spread awareness concerning the needs of women veterans

The willingness of America's [Women] veterans to sacrifice for our country has earned them our lasting gratitude. ~Jeff Miller

Since the Revolutionary War, women have served in the armed forces, and many have not been recognized for their service. Today, the contributions of nearly 2 million women veterans deserve acknowledgment. National Vet Girls ROCK Day celebrates the bonds they formed and their experiences through military service.

While we can never truly repay the debt we owe our heroes, the least we should do for our brave veterans is to ensure that the government takes a proactive approach to delivering the services and benefits they have earned, so they can access the care they need and so richly deserve. ~Kirsten Gillibrand

Like thousands of military personnel, support transitioning from military to civilian life develops both their professional and personal success. Honoring their accomplishments, skills, and essential contributions both in the military and civilian fields elevate the place of the woman veteran to her proper position.

From the world wars of Europe to the jungles of the Far East, from the deserts of the Middle East to the African continent, and even here in our own hemisphere, our "women" veterans have made the world a better place and America the great country we are today. ~John Hoeven

HOW TO OBSERVE

Connect with other women veterans for camaraderie and support on National Vet Girls RISE Day. Join a VGR meetup at various designated restaurant locations throughout the United States and affirm your support of women veterans.

Tell us about your favorite woman veteran and use #VetGirlsRISEDay to share on social media. Follow AVWA and VGR on Facebook, Twitter, and Instagram for upcoming AVWA and VGR events. (@avwaorg and @VetGirlsRock1)



February is more than just a month for chilly weather and heartfelt valentines; it's also Spay and Neuter Awareness Month. While there is nothing cuter than puppies and kittens, Valentine's is coming, by contrast it is heartbreaking to watch them homeless, starving and worse. This dedicated time serves as a crucial reminder of the profound impact that responsible pet sterilization has on animal welfare, community safety, and shelter overpopulation. My husband has a font of feral abandoned cats that nobody wants. They were born into this world through no fault of their own. Half die before becoming adults. We work with our shelter to bring awareness of things like TNR programs to friends and neighbors. We also participate with ferals who wander our way. We have altered more than 20 community cats that wander by here. That is definitely the result of my husband's diligence. By choosing to spay (for females) or neuter (for males), pet owners can directly prevent the birth of unwanted litters, improve their companion's health, and contribute to a larger solution for homeless animals. This month challenges us all to shift from viewing these procedures as a mere option to understanding them as a fundamental pillar of responsible pet ownership.

The push for widespread spaying and neutering is a relatively modern chapter in our history with companion animals. For much of human history, pet population was uncontrolled, leading to staggering numbers of stray and feral animals. The organized movement gained significant momentum in the 1970s, alongside the rise of animal welfare advocacy. Early spay/neuter campaigns were often grassroots efforts by shelters overwhelmed by intake numbers. The formal establishment of Spay and Neuter Awareness Month itself grew from these efforts, aiming to create a unified, national platform for education. Landmark legislation, like the 1993 "Davis Law" in California requiring subsidized sterilization for adopted shelter animals, highlighted the growing recognition of sterilization as a public policy imperative for community health.

Observing Spay and Neuter Awareness Month can take many forms, starting with personal action. If you have an unaltered pet, schedule a consultation with your veterinarian. For those looking to adopt, make "already spayed/neutered" a non-negotiable requirement. Advocacy is equally powerful: use social media to share facts, dispel myths, and spotlight local low-cost clinics or shelter fundraising campaigns. Donating to organizations that provide subsidized surgeries or sponsoring a procedure for a neighbor in need are direct ways to create change. Finally, education is key—simply talking to friends and family about the benefits, which include reduced risks of certain cancers and behavioral issues, can inspire a ripple effect of responsible decisions.

Beyond individual pet health, the community-wide benefits are undeniable. Spaying and neutering is the most humane and effective method to reduce the number of animals entering overcrowded shelters, where many face euthanasia due to lack of space and resources. It also addresses public health concerns by reducing stray populations, which can lead to fewer incidents of bites, traffic accidents, and the spread of disease. Every single procedure helps break the cycle of overpopulation, meaning fewer animals suffer from neglect, hunger, and exposure on the streets.

As Spay and Neuter Awareness Month unfolds, let's commit to being part of the solution. Whether through a personal pledge, a social media post, or a donation, each action contributes to a future where every pet is wanted and cared for. This February, honor the bond we share with our animal companions by choosing compassion and responsibility. Together, we can ensure more pets live long, healthy lives in loving homes, and move steadily toward the goal of a truly no-kill nation.



NATIONAL CUT THE CORD DAY

Break free from expensive cable bills on February 9th by celebrating National Cut the Cord Day! The streaming movement has rapidly grown over the past five years, and it doesn't show any signs of stopping. As the digital world supplies more choices, it also provides the flexibility, selection, and reliability we've been looking for.

We prefer our Prime Account. We already get so many Prime perks. Let's face it you're probably already getting goods from Amazon. So our Prime Video just goes hand in hand with it. Great movies and shows, Amazon originals, and of course sports.

NATIONAL CUT THE CORD DAY HISTORY

Sling TV founded National Cut the Cord Day, to commemorate the day the service launched in 2015. On the fifth anniversary, Sling TV encourages people across the nation to make the leap from cable to live TV streaming by participating in National Cut the Cord Day.

HOW TO OBSERVE #NationalCutTheCordDay

Cutting the cord has never been easier. With apps and online tools, learn more about the benefits and opportunities of cutting the cord. Weigh the pros, cons and potential savings. When you're ready to lean into the freedom of streaming on-demand content plus live TV, cut the cord!

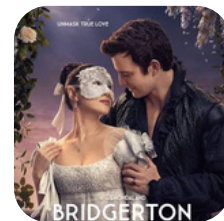
Once you've decided cutting the cord is right for you, make sure to have the following items before getting started:

- High-speed internet access
- Supported device
- Valid credit/debit card
- Valid email address
- An idea of content needs – those must-have channels or shows for you and your family

Experienced cord-cutters, share your favorite ways to watch, your experiences cutting the cord and more. [Check out my recommendations for a good show!](#)

Use #NationalCutTheCordDay to join the celebration.

What I'm watching
February 2026





NATIONAL KITE FLYING DAY

Observed annually on February 8th, National Kite Flying Day encourages exploring kite flying and making. Enthusiasts across the country mark the day by launching their kites or making plans to attend festivals.

Kites date back to China in 470 B.C. China is full of lore and histories of the origins of the kite. Many are related to the way wind affects the leaves on the trees, the shelters they lived in, blowing away the sails on their ships, and the hats they wore upon their heads. The stories also tell of kites invented to spy on their enemies or to send messages.

Evidence also shows the people of the South Sea Islands were using kites for fishing around the same time as the people of China.

Early kites were constructed from bamboo or sturdy reeds for framing. Leaves, silk, or paper made ideal sails. Vines or braided fibers completed the line or tether. While people initially used kites as tools, they also used them for ceremonial reasons as well.

Whether they sent messages into the heavens or to lift offerings up to the gods, kites had a symbolic place in the culture.

Today kites are popular both as hobbies and for outdoor fun. They range from a simple diamond kite to more complicated box kites and giant sled kites. Stunt kites, also known as sport kites, are designed so the operator can maneuver the kite into dips, twists, and dives with dramatic effect.

TIPS FOR GETTING YOUR KITE UP IN THE AIR AND KEEPING IT THERE

- Be sure the kite is assembled correctly.
- Check the wind. Some kites require more wind and others less. Picking the right day for your kite is key. A light breeze (5-20 mph) is generally optimal.
- Be safe. Don't fly a kite near power lines, trees, or other sky-high obstacles. Wide-open spaces are best.
- Be safer. Don't fly in the rain.
- When launching the kite, be sure to have your back to the wind. If the wind is light, have a friend hold the kite downwind and hold your line taught, reeling in slowly until the kite launches.
- Don't let the line out too quickly. Let the line out at the same pace the kite is gaining altitude.

HOW TO OBSERVE #NATIONALKITEFLYINGDAY

Go outside and fly a kite if weather permits. If not, make one inside. In some parts of the country, the time of year may make it difficult to fly a kite. There are kite festivals at various periods of the year. Use today to scout out those festivals and make a plan to join in. Use #NationalKiteFlyingDay to post on social media.

The Velvet Heart of Winter: Amethyst, February's

As February cloaks the world in a quiet, romantic hush, its birthstone emerges as a burst of regal color against the winter palette. Amethyst, with its captivating range from soft lilac to deep, velvety purple, is more than just a gem; it is a piece of the twilight sky crystallized. Its beauty lies in its serene yet profound hue—a color long associated with royalty, spirituality, and the delicate, introspective heart of winter. Whether catching the light in a delicate pendant or gleaming from a statement ring, amethyst possesses a quiet magnetism, a beauty that feels both ancient and intimately personal, making it a truly romantic gem for those born in the month of love.

The romanticism of amethyst is woven into its very legend. Ancient Greek mythology tells of the maiden Amethystos, who was spared from Dionysus's wrath by the goddess Artemis, transforming her into a pure, clear quartz statue. Remorseful, Dionysus wept tears of wine, staining the quartz a magnificent purple, thus gifting the world the first amethyst. This tale imbues the stone with a narrative of protection, transformation, and passionate grace. It is a gem that speaks of serene devotion and the profound beauty that can arise from vulnerability and care, making it a deeply symbolic gift for lovers, a tangible whisper of a protective and enduring affection.

Beyond its poetic origins, amethyst carries centuries of rich symbolism. For millennia, it has been cherished as a "stone of sobriety," believed by the ancients to ward off intoxication and clear the mind—a quality that lent it to being carved into goblets and worn by rulers seeking wisdom. This symbolism evolved into attributes of balance, peace, and spiritual wisdom. It is a gem that represents a calm mind and a pure heart, offering a symbolic anchor of clarity and inner strength. For the February-born, it serves as a personal talisman, encouraging introspection, humility, and a centered spirit amidst life's storms.



In the realm of adornment, amethyst offers unparalleled versatility. Its availability in large, eye-catching crystals makes it perfect for bold cocktail rings and dramatic pendant stones, while its more delicate lavender shades lend themselves to ethereal, everyday jewelry. Paired with the cool sparkle of white diamonds or the warm glow of yellow gold, amethyst consistently captivates. It is a democratic gem—once as prized as rubies and sapphires in royal crowns, now accessible enough to be a beloved centerpiece in any jewelry collection, allowing its wearer to carry a touch of historic luxury and personal meaning.

Ultimately, to wear amethyst is to carry a piece of winter's most mystical magic. It is the perfect emblem for February souls: a gem that balances the fiery passion of the heart with the cool, calming clarity of a thoughtful mind. It symbolizes a love that is deep, protective, and wise—a romance that goes beyond fleeting feeling to embody true understanding and tranquility. In its majestic purple depths, one finds the quiet beauty of a winter sunset, the rich tapestry of ancient myth, and a timeless invitation to embrace both serenity and strength.

February's Enchanting Birthstone





When we observe kindness in others, we are often inspired to offer kindness ourselves. Someone set a good example for us to follow, and we must continue those good examples for others in our lives. National Set A Good Example Day on February 26th encourages us to set a good example that inspires others.

Everyone influences others. The influence could be positive or negative. Even from a young age, we experience good and bad behavior. Parents can positively influence their children at an early age. Additionally, many others, such as our extended families, educators, mentors, community leaders, and even organizations, can positively influence us in many ways. Some of the ways we can easily set a good example include:

- Demonstrating kindness.
- Being compassionate.
- Acting with fairness.
- Practicing tolerance.
- Being just.
- Treating others with respect.

These good examples reflect a person's values and positively affect them and others. Setting a good example can be applied in every setting, including home, school, work, and in the community at large.

Set A Good Example Day encourages individuals of any age and from any background to contribute to the well being of others. A simple act of kindness, consideration, or good conduct enhances the person and the whole community.

HOW TO OBSERVE SET A GOOD EXAMPLE DAY

National Set a Good Example Day encourages everyone to demonstrate thoughtfulness, courtesy, graciousness, and common sense values and virtues in their daily lives.

Get caught helping another person. Wear an attitude of respect for other human beings. Develop the tools in yourself to be efficient, productive, and responsible, and let others see you using these tools. You can also:

- Celebrate others who set good examples. Let them know how their leadership impacts your life.
- Be a good example. Demonstrate positive virtues every day so others can benefit. They will be more likely to set a good example themselves.
- Recognize good examples at work, home, school, and in your community.
- Share the good examples you find valuable in your life.

Follow the conversation and learn more by using [#SetAGoodExampleDay](#) on social media.

Mardi Gras – Fat Tuesday

The last day of Carnival and the day before for Ash Wednesday, Fat Tuesday is the intertwining of a period festivals and feasts that lead to a time of fasting and reflection. Also known as Shrove Tuesday and Mardi Gras, this enduring celebration has many traditions and deep roots around the world.

Mardi Gras (French for Fat Tuesday) dates back to an ancient Roman festival honoring the deities Lupercalia and Saturnalia which took place in mid-February. When Christians arrived in Rome, they incorporated the festival into Lenten preparations.

For centuries, this solemn feast prepared Christians for the season of Lent and used up valuable meat and supplies they would be abstaining from in the days to come. Traditions surrounding the day have changed through the ages. Through time and culture, the practices of Lent and Carnival, Mardi Gras, and Shrove Tuesday have varied and become incorporated into regional customs.

In the United Kingdom, Shrove Tuesday is also known as Pancake Day. Pancakes are the perfect menu item when the future includes abstaining from fats, eggs, and sweets! In Russia, they celebrate the entire week during Shrovetide as Pancake Week.

Carnival & Mardi Gras

While the French didn't originate the medieval feast, they did put their stamp on it. From parades to beignets and colorful masks, the last day of Carnival is full of elaborate costumes and lavish food sure to hold the revelers over through a long fast. During the 16th century, their ancestors celebrated Boeuf Gras (fatted calf) which included a tradition of parading a bull decorated with flowers through the city. The decorated animal is followed through the streets by a retinue of colorfully dressed attendants and bands playing unusual instruments. There was even a Boeuf Gras Society in Mobile, Alabama at one time.

[Join in festivals around the country or have your own Fat Tuesday feast! Share your favorite traditions by using #FatTuesday, #MardiGras, #ShroveTuesday](#)



New Orleans holds the crown for Carnival and Mardi Gras celebrations in the United States. While the city is filled with French flavor and style, its culture is an eclectic infusion of many cultures. Colorful King Cake and thick, savory muffuletta sandwiches only suggest the indulgence possible on Fat Tuesday. Regional specialties like Etouffee, Po'boys, and jambalaya all add to the atmosphere of the day.

And while we satisfy our cravings, let's not forget our beverages. Signature creations from New Orleans hit the spot. Be sure to try the Sazerac made with absinthe or the citrus cocktail Arnaud's Special. For a smooth drink with some punch mix up a Vieux Carré made with whiskey, cognac, and sweet vermouth. But you don't have to have a cocktail to enjoy the feast! Fat Tuesday has plenty of beverages full of refreshing flavor. Coffees, sodas, and shakes of every flavor can be found.

Valentine's Day

Valentine's Day began as St. Valentine's Day, a liturgical celebration of one or more early Christian saints named Valentinus. February 14th first became associated with romantic love during the High Middle Ages as the tradition of courtly love was then flourishing. During 18th century England, this day evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending Valentine cards.

Ancient History

Mixed opinions prevail regarding who or what was celebrated in mid-February. Some point to martyred saints by the name of Valentine or Valentinus. The most popular story tells of the saint who defied a decree by Emperor Claudius II who outlawed marriage for young men because he believed single men made better soldiers. St. Valentine, preferring young lovers to be wed than have them sneaking around (or believing in the power of love), would marry them in secret. However, it may have been another Valentine who performed the marriages. Either way, at least two of them were beheaded for their actions.

Another possible origin for Valentine's Day takes us back to a pagan festival called Lupercalia. As a way to discourage participation in the fertility festival, the Christian church placed St. Valentine's Day in the middle of February.



Modern Celebrations

Since the Renaissance, we've been exchanging Valentine's cards. These handmade missives of romance grew into a more commercial venture by the Victorian era. Today, school children exchange Valentine greetings, too. They prepare for the day by making unique boxes to receive their many hearts, cupids, and pun-filled rhymes.

Chocolates and candy have also become a part of the celebration. While couples tend to be the focus of the day, singles celebrate being single, too. Friends take each other out or reject the overall notion of Valentine's Day. Dinner and a movie, candlelight, and flowers also fit the bill for couples. It's one of the busiest days of the year for florists.

HOW TO OBSERVE #ValentinesDay

You can surprise your special someone with flowers, chocolate or a card. Bring a smile to their face with an original poem or homemade meal. So put on this playlist and enjoy some special time with your special Valentine.

Get something special for your Valentine and use #ValentinesDay to post on social media.

NATIONAL CLEAN OUT YOUR COMPUTER DAY



Observed on the second Monday in February, the 12th this year, National Clean Out Your Computer Day promotes taking time out of your day to do some basic housekeeping on your computer.

Use things like thumb drives to safely store those precious photographs. I encourage you to also create a rescue drive on a separate thumb drive. This will allow you to fix and reinstall windows if something goes wrong.

We all say I won't need this.... Let me tell you a story. We bought a new PC for my husbands office. His had just gotten to old to handle the new things out there. So Windows 10 Pro came pre-installed. Everything worked great until it didn't. We could not authenticate our windows software. It came with the code for it but, Microsoft would not accept it.

After a really long period of working with tech support, it turns out Windows was installed wrong and was missing key setup files. I asked for the didk to reinstall windows and of course, no one does that anymore. So I had to use my laptop and download a rescue disk to USB thumb drive.

Happily, once I reinstalled everything it all works great. Even though it was a product I just bought, the company made a mistake on just that one item. I was given the option to ship my new PC off somewhere so they could fix it, but as I said it's a new computer. So that rescue is now labeled and put up in case it's needed in the future.

This is why I advise having backups and keeping things like photos, documents, music and movie collections in a safe back up. Do it often to make sure your important data can be accessed.

All computers need regular organizing and clean up. This includes the removal of old files and clutter. We tend to save emails, documents, and photos on our hard drive when other media can store it for us. Often, we keep duplicates we don't need, too. Old programs also create havoc, too. Makes sure you are using the latest versions of programs and operating systems, too.

Over time, files and programs that are unused on your PC clog the memory and cause confusion during retrieval and use of other data. They may also slow down your computer.

Use #CleanOutYourComputerDay to post on social media.





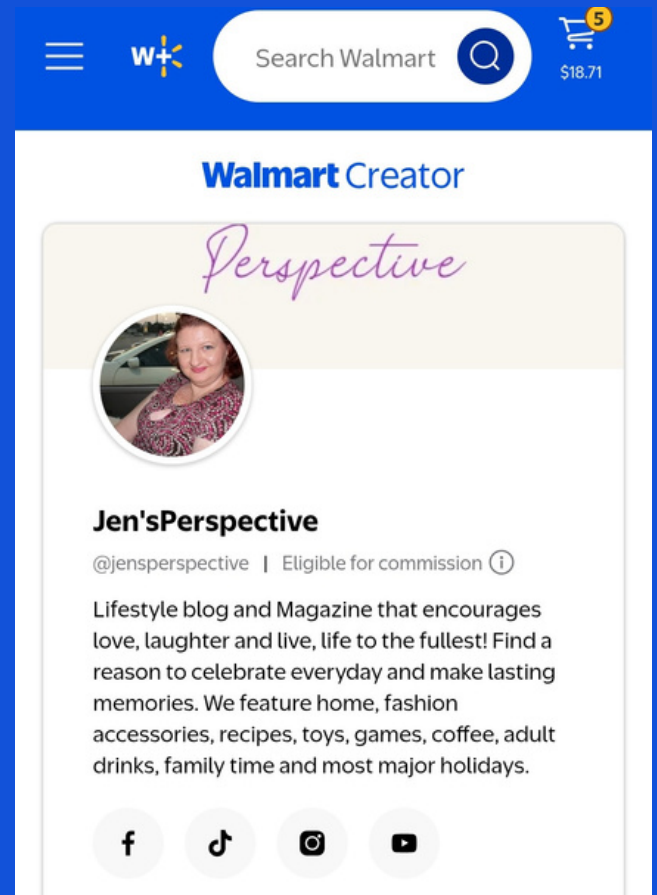
Jen's Perspective is so excited to announce we are now Officially a Walmart Creator! Our storefront on their site as well as featured products across our site and various social channels will help fund our continued growth.

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.



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Candy



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Activities



For her



For him



For teens



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Martin Van Buren, William Henry Harrison, John Tyler
Rutherford B. Hayes, James A. Garfield, and Chester A. Arthur.
John Adams, James Monroe, Thomas Jefferson.
Abraham Lincoln, James A. Garfield, William McKinley, John F. Kennedy

Walmart Valentine's Day



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These citrus fruits range from white to red and sweet to tart but add a brightness to the tongue that will make anyone perk up. And, grapefruits are extremely healthy for you. High in vitamins C and A, grapefruits also pack in potassium. They contain no cholesterol or sodium and only 52 calories per serving. This month, celebrate by eating all the grapefruit you want and enjoy this tart snack guilt-free!

- Grapefruit is loaded with Vitamin C and is friendly to basically any and every diet on the planet. It's cholesterol-free, fat-free, gluten-free, raw, vegan, full of antioxidants, and the list goes on.
- Its trees are packed with fruit. One grapefruit tree can produce more than 1,500 pounds of fruit.
- The majority of the world's grapefruit is grown right here in the USA, most of it in Florida.

During the month of February, get your fill of the ruby reds, marsh, pomelo, and or oblanco because it is National Grapefruit Month!

These citrus fruits range from white to red and sweet to tart but add a brightness to the tongue that will make anyone perk up. And, grapefruits are extremely healthy for you. High in vitamins C and A, grapefruits also pack in potassium. They contain no cholesterol or sodium and only 52 calories per serving. This month, celebrate by eating all the grapefruit you want and enjoy this tart snack guilt-free!

HOW TO OBSERVE

#NATIONALGRAPEFRUITMONTH

Try one of the several varieties of grapefruit until you find one you like and use #NationalGrapefruitMonth to share on social media.

EXPLORE MORE...

FRESH FRUITS AND VEGETABLES MONTH

NATIONAL APPLE MONTH

NATIONAL APRICOT DAY

NATIONAL PEACH MONTH

NATIONAL BLUEBERRY MONTH

NATIONAL STRAWBERRY MONTH

NATIONAL MANGO DAY

NATIONAL POMEGRANATE MONTH

NATIONAL FRUIT AT WORK DAY

NATIONAL TROPICAL FRUIT DAY

WORLD COCONUT DAY

NATIONAL PASSION FRUIT DAY

PEAR AND PINEAPPLE MONTH



It's snack time! February is National Snack Food Month, so this month, focus on snacking in the healthiest ways possible and still thoroughly enjoying treats between meals! Most days, we need a snack or two (or 7) to make it through the day... and if we choose nutritious choices, snacking more can make a positive impact on our overall health; believe it or not, it can even help with weight loss!

Key Aspects of National Snack Food Month

- **Health Focus:** While celebrating all snacks, it encourages finding nutritious options like fruits, nuts, whole grains, and veggies, rather than just processed foods.
- **Variety:** It's an opportunity to try new things, from sweet and salty combinations to healthy dips and homemade clusters.
- **Mindful Snacking:** The month serves as a prompt to think of snacks as mini-meals, providing sustained energy between meals and preventing overeating later.

NATIONAL SNACK FOOD MONTH HISTORY

National Snack Food Month was created by the National Snack Food Association and the National Potato Promotion Board in 1989. Their goal in founding this month was to increase consumption and raise awareness about snacking, and the importance of keeping it as healthy as we can!

HOW TO OBSERVE #NationalSnackFoodMonth

- Share favorite snacks on social media using #NationalSnackFoodMonth.
- Incorporate snacks from all food groups (fruits, grains, protein, dairy, vegetables).
- Try making your own healthier snacks, like smoothies, granola, or veggie dippers.

Use #NationalSnackFoodMonth or #SnackFoodMonth to post your favorite snack choices on social media. To help you out, we've put together a list of the healthiest and most delicious snacks that you can easily throw together and even eat on the go!

- Mixed nuts
- Pepper slices to dip in guacamole
- Greek yogurt with granola, oats, and/or mixed berries
- Apple slices, carrots, or celery dipped in peanut butter
- Cottage cheese (with any toppings, or as a salad dressing replacement)
- Dark chocolate with almonds
- Cucumber (or any veggies) dipped in hummus
- Any fruits and veggies
- Cherry tomatoes with mozzarella and basil
- Hard-boiled eggs
- Healthy beef jerky
- Protein shake or fruit smoothie

Did you know National Snack Day is on March 4th?

NATIONAL ALMOND DAY

On February 16th each year, National Almond Day recognizes the versatile and healthful almond. This delicious nut is native to the Middle East and thrives in warm, dry climates with mild winters. The day celebrates the benefits and uses of almonds.

Whether you are eating them by themselves, using almond milk, pasta, flour, butter, oil, or meal, almonds offer a delicious flavor along with many health benefits. Almonds are one of the most heart-healthy foods on the market, packed with vitamin E, magnesium, and fiber.

- According to a survey of 500 health professionals, almonds may be beneficial to a healthy lifestyle.
- According to the U.S. Food and Drug Administration, “Scientific evidence suggests, but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”
- Recent research from Purdue University suggests that eating almonds can help people feel satisfied for several hours, which can support weight management and counter weight gain.
- Eighty percent of the world’s almonds are grown in California.



HOW TO OBSERVE #NationalAlmondDay

- Snack on almonds.
- Share almonds with others.
- Collect a variety of seasoned, roasted almonds and enjoy a taste test. Which is your favorite? Toasted, smoked, spicy, or sweet?
- Step into the kitchen and add almonds to your savory cooking. They add flavor to your meats, sauces, and salads.
- Try almond butter for an alternative spread or mixed into dips.
- Create a sweet dessert or healthy substitute using almonds.
- Try one of these recipes:
- Green Beans with Toasted Almonds
- Green Beans with Caramelized Onions and Almonds
- Asparagus with Sliced Almonds and Parmesan Cheese
- Use #NationalAlmondDay to post on social media.

HOMEMADE SOUP DAY

February 4th heats up with National Homemade Soup Day. In every cuisine, soup provides a rich basis of flavor and history.

Before the era of modern transportation, soup was a product of regionally available foods. For this reason, there are thousands of soup recipes available today.

Many soups also offer medicinal properties. What was once considered a wife's tale, chicken soup now has the backing of the scientific community. Yes, chicken soup helps relieve the symptoms of the common cold. How? Well, scientists believe that a bowl of the soup may reduce inflammation of the lungs. It is thought that chicken soup slows down the activity of white blood cells that can cause inflammation.



But that's not all homemade soup does. Every cook knows the most important ingredient that goes into every pot of simmering soup. They keep the ingredient stored where it will do its best work, too. As they work, they season the soup from their heart giving it just the right amount of love each and every time. Whether they add it with the noodles or the vegetable, the broth or the cream, each cook knows there's enough to go around. That's why homemade soup heals the best.



HOW TO OBSERVE #NATIONALHOMEMADE ESOUPDAY

Tell us about your favorite homemade soup. Share a recipe or a memory. Gather the family to learn how to make your best recipe and share the love. Need a new recipe to add to your collection? From chowders and broths to creamy bisques, chances are you'll find a recipe to love too.

Use [#NationalHomemadeSoupDay](#) to post on social media.

FASTNACHT DAY & PACZKI DAY



Fastnacht Day

With deep roots in Germany, Fastnacht Day is a pre-Lenten celebration that takes place the day before Ash Wednesday.

Fastnacht means “fast” and “night” in German. In Germany, Austria, and Switzerland, Fastnacht represents an entire season of festivities leading up to Shrove Tuesday. The traditions are rooted in the same pre-Lenten celebrations that have taken place for centuries. Those fasting for Lent used up the rich foods they would be giving up in a feast.

One of the traditional items to come out of the celebration was a pastry made from potatoes and yeast. This delicious doughnut known as fastnacht came the U.S. by way of the Pennsylvania Dutch.

In their settlements, the pastry is one of the principal food traditions. The sweet treat is often cut into a triangle or square. Along with fastnacht, the celebration in Pennsylvania Dutch country includes a sumptuous feast before the long 40 days fast.

Fastnacht Day is entwined with other similar pre-Lenten holidays such as Fat Tuesday and Paczki Day.

PACZKI DAY

The sweet holiday of Paczki Day takes place the day before Ash Wednesday. The Polish tradition of indulging in fried dough filled with jams, custards or other sweet surprises dates back to the Middle Ages.

A *PUNCH*-kee or *POONCH*-key or *POOCH*-key is traditionally a round Polish pastry filled with fruit and coated in sugar. Those who would be fasting during Lent needed to empty the pantry; this Polish pastry was an ideal way to use up what was in the larder. More modern versions fill the paczki with custard or cream and even cover the outside with a glaze and sprinkles.

The day is also full of music and entertainment much like Fat Tuesday and borrows many traditions from the French.

How to
Celebrate

Order a
Fastrnacht
or Paczki
from your
local
bakery
and enjoy
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and/or
#PaczkiDa
y to share
on social
media.

NATIONAL BAKED ALASKA DAY

Ice cream and cake come together on February 1st in a celebration called National Baked Alaska Day.



An elaborate dessert that is also known as “Omelette Norvegienne,” Baked Alaska is made with hard ice cream on a base of sponge cake and covered in a shell of toasted meringue.

In the United States in 1867, an earnest debate erupted over the potential purchase of Alaska from Russia. Secretary of State William Seward agreed to a purchase price of \$7 million, and Alaska became a United States territory in 1868. Those of the opinion that the purchase was a giant mistake referred to the purchase as “Seward’s Folly.”

Enter Charles Ranhofer, the chef at Delmonico’s Restaurant in New York City. He was notorious for naming new and renaming old dishes after famous people and events. Capitalizing on the heated controversy surrounding the purchase in the frozen north, Baked Alaska fit the bill. It was cold, nearly frozen, and quickly toasted in a hot oven before serving.

He served as the chef at Delmonico’s from 1862 to 1896. During his tenure, he also created Lobster Newburg, another famous dish honored with a national food holiday.



HOW TO OBSERVE #NATIONALBAKEDALASKADAY

Cake and ice cream go so well together. What better way to enjoy it than with a topping of meringue? You can also take one of your favorite recipes and name it after an epic event in your life.

Use #NationalBakedAlaskaDay to post on social media.



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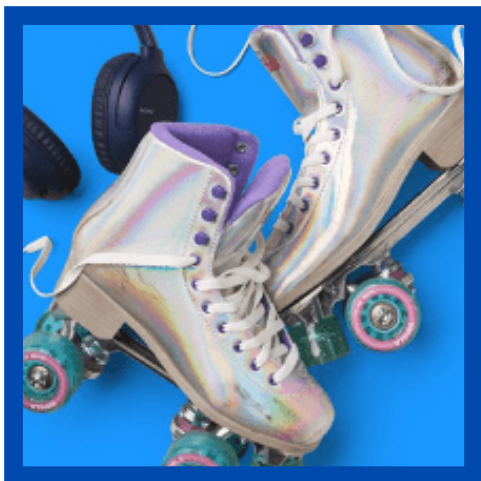
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