

# *Ten's Perspective*



2026

MOTIVATION IN  
MARCH

# Motivation in March

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

As I look out the window, the world is shaking off the last of winter's chill. We know that the first signs of spring aren't always pretty—they're often muddy—but they are always a promise. That promise is what Motivation in March issue is all about. It's a tapestry woven with the golden threads of transition, remembrance, and celebration.

This month, we're dancing to a few different drums. We're tipping our hats to the musical souls on National Marching Music Day and honoring the deep rhythms of the Oregon coast and the rolling plains of Kansas, West Virginia, and Nevada—states that remind us of the diverse heartbeat of our nation.

But March is also a month of profound significance. We celebrate the fierce spirit and achievements of women everywhere for International Women's Day, a perspective that is always close to our hearts. We'll also pause for a moment of solemn reflection on National Supreme Sacrifice Day, honoring those who have given everything for others, and we'll celebrate the special bond between parents and children on National Son's Day.

On a lighter note, we're embracing the whimsy of the season. We're chasing the first painted ladies and monarchs for National Learn About Butterflies Day, getting our hands dirty for National Plant a Flower Day, and melting over the cuteness (and responsibility) that comes with National Puppy Day. And if you're in need of a sensory pick-me-up, we're exploring the world of scent for National Fragrance Day.

Of course, we can't forget the luck of the Irish. We're raising a glass (of green beer or sparkling water!) for St. Patrick's Day, and we're diving deep into the serene and magical blue of the Aquamarine, March's official birthstone. It's the perfect gem to reflect the clearing skies of the season.

And what's a celebration without food and a little sparkle? We're getting practical with National Pack Your Lunch Day, indulgent with National Cheesesteak Day and National Chocolate Caramel Day, and brightening our days with the zest of National Sunkist Citrus Day. We're also remembering to accessorize and appreciate the treasures we own for National Jewel Day.

As we "spring forward" with Daylight Savings Time, let's also remember to step into the light of new perspectives. Whether you're using an umbrella during a spring shower for National Umbrella Month or simply finding a new patch of sunlight to stand in, we hope this issue brings you joy, inspiration, and a fresh perspective on the month ahead.

Welcome to March. Let's make it magical.

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.

# National Umbrella Month

I have a brain buster for you: What goes up when the rain comes down? I'll give you a hint. This thing was originally created to help block the sun. Need another hint? Mary Poppins was known to carry one. Still haven't guessed it? Well, Rihanna famously sang about this object. Think you know it now? If your answer was an umbrella, then you are correct! (Good luck getting those song lyrics out of your head now.)

March is National Umbrella Month, which I was surprised to learn seeing as the saying goes "April showers bring May flowers"... but perhaps Thomas Edward Knibb originated National Umbrella Month in March to ensure everyone was ready for the April showers. According to Abby Eysers of Associated Content, the average household is said to have an average of 3.8 umbrellas. The basic umbrella was invented over four thousand years ago. It was the Chinese who waterproofed them for rain protection, and then in the 1900s the umbrella, which we are familiar with today, was invented.



## How to Observe

You can start by going out and getting a new umbrella (be sure to buy one that makes you smile on a rainy day!) or if you discover that you have developed a collection of them through-out the years, you can donate a few to a local homeless shelter, or the nearest Goodwill. Umbrellas can also be a fun new decoration for your patio or front door. Don't let the "Raindrops keep fallin on your head." Whichever way you choose to celebrate, make sure you take some time to dance in the puddles, smell the fresh rain, and look for the rainbow after the storm!

So, now that you know it is National Umbrella Month, let's celebrate! Use #NationalUmbrellaMonth to post on social media... tell the world how you are choosing to honor National Umbrella Month.

If you're a Northwest Florida resident, or planning to visit, make sure you check out The Foo Foo Festival held in downtown Pensacola.



On March 14th, National Learn About Butterflies Day encourages us to look for a blur of color as butterflies begin migrating across the country. Each year the celebration brings with it an awareness of the varieties of butterflies and their importance to our survival. Spring and summer are just right around the corner, so it is an excellent time to take a few minutes and learn something new about butterflies and appreciate their beauty.

Like bees, bats and other pollinators, butterflies make the difference between valuable fruits and vegetables on our tables. While we're planting native flowers and trees, we're also providing for our future. Pollinators such as the monarch butterfly and the honey bee have been in decline. All the reasons have not been identified. However, increasing the available habitat does help!

Butterflies need our help to survive as they rely on flowers and other natural sources for survival. We can help them by planting more flowers.

- There are more than 20,000 types of butterflies worldwide.
- Their wingspans can range from 1/2 inch to 11 inches.
- Butterflies in their adult stage can live from a week to nearly a year, depending on the species.
- Many butterflies migrate over long distances. Particularly famous migrations are those of the Monarch butterfly from Mexico to the northern USA and southern Canada, a distance of about 2500 to 3000 miles.

## HOW TO OBSERVE

### #LearnAboutButterfliesDay

Read up on butterflies or find a good sunny spot to watch some. Plant a wildflower garden to provide habitat for them. You won't regret it. You'll have butterflies to enjoy all summer long! To learn more about pollinator gardens visit Million Garden Challenge. Spend the day learning more about butterflies and creating an environment that is friendly to them.

Use #LearnAboutButterfliesDay to post on social media.

# DAYLIGHT SAVING TIME BEGINS SPRING FORWARD

Daylight Saving Time is currently put to use on the second Sunday in March in the USA. The practice is designed to give people an extra hour of sunlight in the evening hours. This is done by setting the clock ahead one hour at a predetermined date each year. This year that's Sunday, March 8th at 2am.

The practice of Daylight Saving Time (DST) advances clocks during the summer months. It causes us to lose an hour for one day. However, the practice allows people to get up earlier in the morning and experience more daylight in the evening. Typically, users of DST adjust clocks forward one hour near the start of spring. Then, they change them back again in the autumn.

The system has received both advocacy and criticism. Setting clocks forward benefits retail business, sports, and other activities exploiting sunlight after working hours. However, the practice causes problems for evening entertainment and other activities tied to the sun or darkness. For example, farming and fireworks shows are both affected.

Although some early proponents of DST aimed to reduce the evening use of incandescent lighting (formerly a primary use of electricity, modern heating, and cooling), usage patterns differ greatly. Additionally, research about how DST currently affects energy use is limited or contradictory.

Problems sometimes caused by DST clock shifts include:

- they complicate timekeeping
- can disrupt meetings, travel, billing, record keeping, medical devices, heavy equipment,
- it especially impacts sleep patterns



Software can often adjust computer clocks automatically, but this can be limited and error-prone. Programming is particularly problematic when various jurisdictions change the dates and timings of DST changes.

## HOW TO OBSERVE #DaylightSavingTime

Besides adjusting our clocks, it's important to adjust our sleep schedules, too. Many of us go into the time change sleep deprived. Don't do this during Daylight Saving weekend. Start preparing your body and anyone in your household for an earlier bedtime. That includes pets. Their potty and feeding schedules will need to be adjusted, too. Start a few days before if at all possible. In the end, you and your entire household will be able to benefit from the additional sunlight in the evenings by enjoying outdoor activities without feeling the drag of lack of sleep.

Of course, most importantly, be sure to turn your clocks forward and use #DaylightSavingTime or #SpringForward to post on social media.

# NATIONAL SUPREME SACRIFICE DAY

On March 18th, National Supreme Sacrifice Day honors those who have made tremendous sacrifices for the sake and the good of others as well as those who sacrifice their lives every day for us.

We may most readily call to mind the men and women in uniform who have laid down their lives protecting their country and communities. This day also honors those who may have stepped forward during times of crisis to rescue a stranger or a neighbor and gave the supreme sacrifice that day.

These sacrifices come in many forms. We don't always recognize them when we see them, nor do we always expect them. Like in the case of one young Miner who saved the lives of 11-year-old Emmet and 8-year-old Myrdith when the sleigh they were in overturned during a blizzard so fierce they couldn't see their house, though they were only 200 yards away. Wind howling so loudly, they couldn't hear their father's voice calling to them. On March 15, 1920, they'd set home from school in rural North Dakota and been caught up in the blizzard. Their 16-year-old sister, Hazel Miner protected her siblings with her body, keeping the blankets in place over her siblings through the night. Hazel Miner died that night, but her actions saved the lives of her siblings.

These sacrifices don't always come in uniform and are often unsung. Often, these heroes step up when we least expect it and when we need it most.



## HOW TO OBSERVE #SupremeSacrificeDay

Honor someone who gave the ultimate sacrifice. Visit with their families, support them and the people in uniform who place their lives on the line, daily. Visit a local memorial and learn the names of local heroes. Participate in events around your state that support the military and first responders. Use #SupremeSacrificeDay to post on social media.

"The last full measure of devotion" is a phrase, famously utilized by President Abraham Lincoln in the Gettysburg Address, that signifies the ultimate sacrifice of one's life in service to a higher cause, such as protecting the nation or public safety. It is frequently used to honor fallen first responders, such as firefighters and police officers who lost their lives in the line of duty.



## HOW TO OBSERVE HOW TO OBSERVE

### #InternationalWomensDay

Around the world, organizations, communities, and individuals organize events focused on the mission of gender parity, celebrating the achievements of women worldwide and education.

- Attend a lecture, seminar or festival
- Organize an event
- Speak or perform at a local fundraiser
- Participate in a march for women's equal rights
- Learn about the women who paved the way for many of the rights and freedoms we have today
- Become involved in your local, state or national political system
- Invite others to join you, including other women, sons, brothers, sisters, and daughters
- Share your job skills at a local career fair
- Celebrate all month long. It's also National Women's History Month.

International Women's Day on March 8th each year celebrates the social, economic, and political achievements of women around the world. The day also brings international awareness to gender parity. According to the World Economic Forum, global gender equality is estimated to be achieved by 2133.

Gender equality is the equal access to the same rights and opportunities regardless of gender. These rights and opportunities include:

- healthcare
- education
- employment / economic gain
- pay
- protection under the law
- right to vote
- free from violence

### Use #InternationalWomensDay when posting on Social Media.

- -#MakeItHappen
- - #womensday
- - #IWD2026
- - #internationalwomensday
- - #PaintItPurple

Besides tagging your photographs and post with these has tags, you can also do the following:

- Share content or retweet a message that might be relevant to the theme of International Women's Day 2026
- You can use the logo of the international women day on your blog, website or on your Facebook's cover photo. Alternatively, you can also use the IWD logo in your email signatures
- The official colour of International Women's Day is purple. You can wear a purple shirt to work, use purple in your websites, blogs or social media. You can also make a video or presentation on the theme of International Women's Day 2026 and post it on your social media account to raise awareness about the different issues that women from different backgrounds all over the world are forced to fight everyday.

Happy

# ST. PATRICK'S DAY

St. Patrick's Day kicks off a worldwide celebration also known as the Feast of St. Patrick. On March 17th, many will wear green in honor of the Irish and decorate with shamrocks. According to lore, the wearing of the green tradition dates back to a story written about St. Patrick in 1726. St. Patrick (c. AD 385–461) used the shamrock to illustrate the Holy Trinity and worn green clothing. And while the story is unlikely to be true, many will revel in the Irish heritage and eat traditional Irish fare, too.

In the United States, St. Patrick's Day has been celebrated since before the country was formed. At times, the holiday has been a bit more of a rowdy one, with green beer, parades, and talk of leprechauns. However, in Ireland, St. Patrick's Day takes on a more solemn mood. It wasn't until events in the United States broadcast in Ireland that some of the Yankee ways spread across the pond. One Irish-American tradition not common to Ireland is corned beef and cabbage.

Dont forget to try Irish Skillet, great for a family meal any day of the year. End it all with an Irish Coffee. If you're heading to a pub try the green beer. Want more? Try music by Celtic Woman, if you're in the neighborhood, McGuire's Irish Pub will be resuming some activities too.



My family has strong descendants from Ireland, so yes laddie, my redhair and freckle kissed ivory skin are testament to my Irish ancestry. While born and raised here my parents were also born and raised here in the U.S. With the exception of crafting ginger beer and our utter delight when mom makes corn beef and cabbage, what we know of Irish culture came from research. First in books then later as available on computer.

## SAINT PATRICK'S DAY HISTORY

The Feast of St. Patrick started in the early 17th-century. The day marks the death of St. Patrick and was chosen as an official Christian feast day and is observed by the Catholic Church. The day is also a public holiday in the Republic of Ireland, Northern Ireland, the Canadian province of Newfoundland and Labrador, and the British Overseas Territory of Montserrat. It is also widely celebrated by the Irish diaspora around the world, especially in Great Britain, Canada, the United States, Argentina, Australia, and New Zealand.

## HOW TO OBSERVE #STPATRICKSDAY

Remember to wear green. Read up about St. Patrick's Day and cook up an Irish feast! Use #StPatricksDay to post on social media.



# NATIONAL PLANT A

Spring is just around the corner, and March 12th is the day to participate in National Plant a Flower Day. Each year this day is dedicated to the planting of flowers and looking forward to the spring season. Flower gardening has become a hobby for many, young and old, and National Plant a Flower Day is a start to the new season each year.

**Marigolds  
and  
Daffodils are  
the flowers  
of March.**

It's good to know the zone you live in to determine which flowers grow as perennials (those that grow back every year) in your area and which are considered annuals (those that require planting every year). To find out more, check out the USDA site for Hardiness Zones.

Seeds can be started inside and set in a sunny window. When the weather is nicer, move those plants outside. Keep the soil moist but not wet, and follow the seed package's instructions for proper germination of the seedling. Those who can't wait, get out those seed catalogs and start planning your next flower garden.

**Flowers always make  
people better, happier  
and more helpful; they  
are sunshine, food and  
medicine to the soul.  
~Luther Burbank,  
botanist (1849-1926)**

Are you in a warmer climate? Then it's time to get out the trowel and the garden gloves and start turning over some new soil. Sow some new seeds, bulbs, or plants and nurture those blossoms into a brilliant blaze for the whole neighborhood to enjoy.

Let's all work together by planting a flower and helping make the world a more beautiful place. Use #PlantAFlowerDay to post on social media.

## Explore More...

[National Gardening Day](#)

[National Water A Flower Day](#)

[National Peace Rose Day](#)

[National Orchid Day](#)

[Orange Blossom Day](#)

[National Red Rose Day](#)

[National Poinsettia Day](#)

[National Sunflower Day](#)

[World Honey Bee Day](#)

[National Start Seeing Monarchs Day](#)

[National Pollinators Month](#)





# NATIONAL SONS DAY

Every year on March 4th, National Sons Day honors the sons of the world and those who raise them. The day also takes a look at a son's role and his relationship with those around him.

Around the world, slightly more sons are born than daughters. Both bring joy to families, though. Our rambunctious sons grow into adult men and forge their own independence in the world. Some are soft-spoken and gentle. Others with a spark of curiosity fill every hour with questions, some unanswerable.

Parents and family members strive to mold them into a person better than we are. Sons, like many children, test the boundaries until one day, they stand before us, grown. National Sons Day encourages parents to be role models and provide the boundaries sons need. Celebrate their successes while guiding them through their failures. Give them a foundation of skills that they will rely on for a lifetime and pass on to their sons.

Each day as a son and the parent of one is a treasure. Boys need us to model responsibility, hard work, and integrity. As they work and learn beside us, those qualities will be instilled in them. The day reminds us of the value our sons bring to our lives and others.

## **NATIONAL SONS DAY HISTORY**

In 2018, Jill Nico created National Sons Day celebrating the importance and significance of sons and those who raise them. While there's no single reason for selecting March 4th, the founder explains spring seemed ideal, and the date resounds with momentum when spoken. Additionally, many sons enjoy spring sports, and it's an excellent time to spend time outdoors. Visit the Facebook page to join in the celebration.

In the late 1990s, an effort to create National Sons Day began as a counterpart to National Take Your Daughters to Work Day. By 1998, the group called National Sons Day created National Take Your Sons to Work Day. In later years, the separate observances joined forces.

## **HOW TO OBSERVE NATIONAL SONS DAY**

Consider all the things you want your son to know and be when he's an adult.

Take the day to teach your son something you think is important for him to know. Change a tire or balance the checkbook. The small tasks, the mundane ones are the ones that get in the way when we don't know how to do them. Bond over the experience by letting him know you teach him these skills to clear a path for the bigger events in his life.

Join an organization for mentoring boys without male role models. Find a role model that fits the interests of your son. Teach your son something your father taught you. Offer to give a skills class at a school. Make the day unique by taking a photograph with all the sons together and share on social media using #NationalSonsDay.

# Unveiling the Magic of March's Aquamarine

As winter loosens its grip and the world tilts toward spring, March arrives with a birthstone that perfectly captures this transitional magic: the aquamarine. With its serene, crystalline blue reminiscent of sunlit shallows and deep ocean horizons, aquamarine is more than just a beautiful gem. It is a vessel of romance, mythology, and profound symbolism, offering its wearer a tangible connection to the calming depths of the sea and sky. This captivating stone has stirred human imagination for millennia, weaving tales of mermaids, gods, and eternal love.

The romantic allure of aquamarine is deeply rooted in maritime legend. For centuries, sailors and travelers carried it as a talisman for protection over treacherous waters, believing it could calm waves and ensure a safe voyage. This association naturally evolved into a symbol of lasting love and commitment, making it a cherished jewel in betrothal rings and sentimental gifts. To give aquamarine was to promise safety, fidelity, and a love as enduring as the ocean itself. Its clear, tranquil hue evokes a sense of honest and open communication, making it an emblem of a relationship built on trust and understanding—a true romance anchored in deep, peaceful waters.

Aquamarine's mythology stretches back to the treasure troves of gods and mythical beings. The Romans believed the gem was sacred to Neptune, god of the sea, having fallen from the jeweled boxes of sirens or washed ashore from the depths of his realm. In ancient lore, it was considered the treasure of mermaids, a stone that could capture the very essence of the ocean. Greek legends held that aquamarine was worn by Poseidon and could harness the power of the sea, offering the wearer the god's protection and favor. These stories imbue the stone with a sense of ancient power and mystery, connecting the wearer to a timeless, mystical world beneath the waves.



Beyond myth and romance, aquamarine's symbolism is universally resonant. Its primary associations are with tranquility, courage, and clarity. The soothing blue color is said to calm the mind and reduce stress, acting as a touchstone for serenity in turbulent times. Historically, it was believed to clear mental fog, enhance intellectual clarity, and grant the wearer the courage to speak their truth—making it a stone of both peace and fearless expression. As the color of sky and sea, it symbolizes expansiveness, purity, and the fluidity of life, encouraging a smooth flow of communication and emotional release.

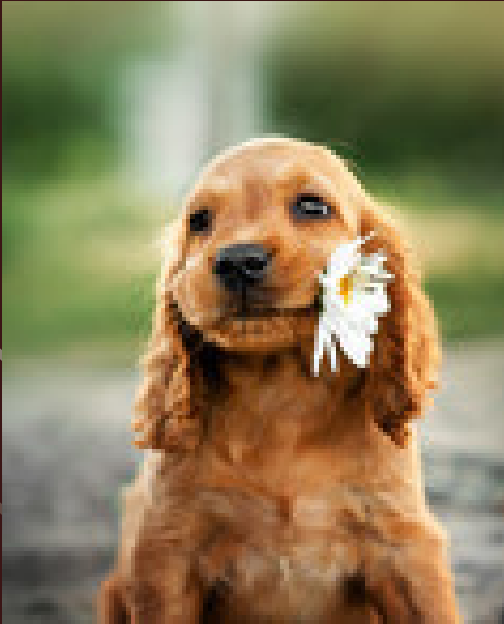
For those born in March, or for anyone drawn to its ethereal beauty, aquamarine is a powerful companion. It is a gem that carries the whisper of ocean tides and the vastness of the spring sky. It invites us to embrace the calm within the storm, to communicate with heartfelt courage, and to remember the ancient, romantic mysteries that still resonate in the natural world. To wear aquamarine is to carry a piece of the sea's soul—a timeless reminder of peace, protected love, and the enduring magic of clear, blue depths.

# The Magic of March's Aquamarine



# National Puppy Day

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Observed each year on March 23rd, National Puppy Day celebrates the unconditional love and affection puppies bring to our lives. Their cuddles and wiggles make us smile and without a doubt, there are squeals of delight when there are puppies around!

The day also brings awareness to the need for care of and homes for orphaned pups as well as to educate people about the horrors of puppy mills across the country. Puppies are a big responsibility. Be sure to consider everything involved and adopt from a shelter. The puppies there need love and a home just as much as any other and they grow into loyal pets, too!

According to the ASPCA, approximately 3.3 million dogs enter shelters every year. Some of these dogs come with litters of puppies. If you're seeking a puppy to start your furry family, check the shelters first. When these abandoned and abused animals find their way to a shelter, each one needs a forever home and their potential is limitless.

## **NATIONAL PUPPY DAY HISTORY**

National Puppy Day was founded in 2006 by Pet Lifestyle Expert, Animal Behaviorist and Author, Colleen Paige. Paige is also the founder of National Dog Day and National Cat Day.

## **Explore More...**

[Make A Dogs Day](#)  
[National Dog Day](#)  
[National Puppy Day](#)  
[National Mutt Day](#)  
[National Black Dog Day](#)  
[National Rescue Dog Day](#)  
[Hug Your Hound Day](#)  
[Opt - To - Adopt](#)  
[Adopt a Senior Pet Day](#)  
[National Pet Day](#)  
[Love Your Pet Day](#)  
[National Adopt A Shelter Pet Day](#)  
[National Dog Month](#)

## **HOW TO OBSERVE #NationalPuppyDay**

Use #NationalPuppyDay and post photos of your puppy on social media.  
Go to the dog park and let your puppy play.  
Pick up a special treat for your puppy.  
Go for a walk with your young friend.

# MARCHING MUSIC DAY

March forth to the rhythm of life on Marching Music Day every March 4th and honor the dedicated musicians and performers of many diverse styles and backgrounds. Marching Music Day celebrates all varieties of art forms that bring us “music on the move.”

For centuries, the beat of a drum has kept military units moving in unison. From the training field to the battlefield, the football stadium to the Broadway stage, marching music delights performers and spectators. They perform in small gyms, auditoriums, and grand arenas. From small parades to impressive spectacles, fifers, pipers, buglers, drum corps, marching bands, parade groups, drill teams, and color guards bring music to life. They bring audiences to their feet and stir a crowd to an enthusiastic roar.

## Military Roots & Technology

The military roots of the drum corps have evolved over time. A well-rooted art form, marching music moves us during somber memorials. And yet it thrills us with an ability to perform delightful music and execute intricate routines with exact precision. Drill squads, marching bands, drum lines, and drum corps name but a few of the many styles of marching music that have developed over the years. They all engage hundreds of thousands of performers of all ages, abilities and experience levels.

We see marching music in schools, military units, community celebrations and local auxiliaries. The music is as varied as the ensembles themselves, too! Instruments may be limited to brass in some settings or may include woodwinds and electric guitars in others. Dance teams, baton twirlers and color guards perform to soundtracks ranging from traditional, standard marches to rock and roll, jazz, contemporary and electronic dance music.



And marching music keeps changing! Spectacular string bands incorporate their own unique sound and elaborate costuming. Technology has brought about the production of lighter, electronic and digital instruments making it possible for musicians to march with violins, cellos, basses and synthesizers to entertain crowds in unique and creative new ways.

## HOW TO OBSERVE #MarchingMusicDay

Support your local marching music groups by attending their performances, backing their competitions, contributing to their endeavors or becoming one of their musicians. Whether it's through a school, a veterans group or an independent ensemble, they will appreciate your support. Use #MarchForth #MarchingMusicDay to share your support on social media.

# NATIONAL FRAGRANCE DAY

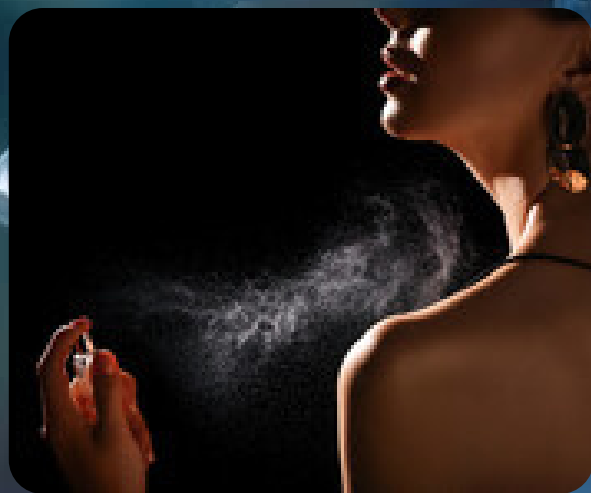
Spring is now in the air, and so is National Fragrance Day. Each year on March 21st, let your favorite scents lift your mood or carry you to another place.

Have you ever been transported back in time simply by catching the scent of a loved one's perfume? Or perhaps it was the smell of baby powder on a newborn that sent you reeling back to the days when your child was an infant. Maybe it was a combination of ginger and molasses, and suddenly you were in your grandmother's kitchen.

Whatever the fragrance, scents, and memory are powerfully linked. We associate summer with the smell of freshly cut grass, thunderstorms with the smell of the damp air, and the acrid scent of sulfur when lightning has struck. We often connect memories of winter holidays with warm spiced pies and cookies.

## Fragrance and Science

The brain is an amazing thing, and science finds out more about it every day. Simply put, the olfactory bulb which is responsible for processing all those smells we take in is next to the hippocampus deep inside the brain. Neuroscientists have discovered that one of the responsibilities of the hippocampus is creating new memories. Research suggests smell and memory are closely related since the olfactory bulb and the hippocampus are adjacent to each other.

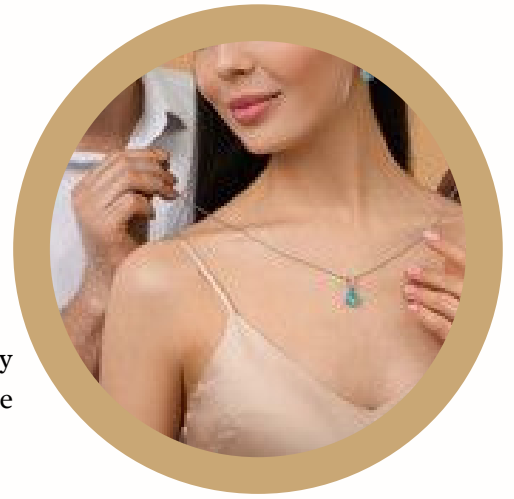


Our memories are most nearly linked to those we have loved. Your first love may have worn a unique botanical fragrance, or perhaps the uncle who taught you to tie intricate knots smelled of cedar as he told war stories. While we may often take a trip down memory lane by looking at a scrapbook, perhaps this time remembering our favorite fragrances will stir up memories that were long forgotten, or maybe we will make some new ones.

## HOW TO OBSERVE #NationalFragranceDay

- Find some new ways to enjoy your sense of smell.
- Wear your favorite fragrance or find a new one.
- Light a candle or replace a wax melt.
- Add fragrant oil to your bath.
- Remember that a scent can improve a mood or become a signature style.
- Place a bouquet of flowers in a vase to bring a floral fragrance to the room.
- Shop our Fragrance Store for Her, Him, Home and Auto.
- Use #NationalFragranceDay to post on social media.

# NATIONAL JEWEL DAY

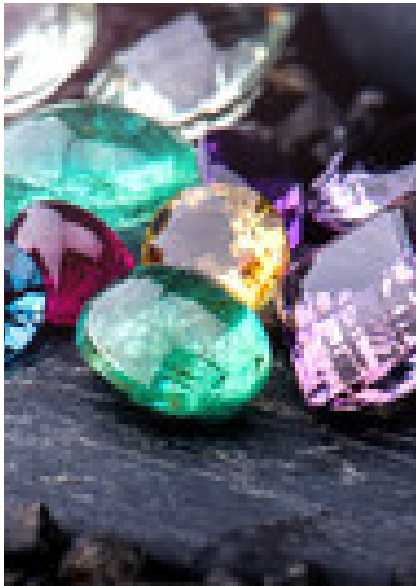


National Jewel Day is observed March 13th of every year. While this day may be a day to give or receive jewelry, it could also be a day to recognize jewelers. It may also be a day to wear those gems you may already have!

Jewelry is like finding the perfect dress. You know the one I'm talking about. It can be new or an older favorite. When you see yourself in the mirror it enlivens your spirit, gives your confidence a boost, and no matter what you have a day better than others.

Favorite jewelry is the same be it a lucky pair of earrings, your special necklace or a ring that reminds of happy times. These are often a tangible link to a memory you hold dear. This is why we both like to buy and receive jewelry.

I was born in October which makes my birthstone an Opal. Now I'm extremely fair-skinned with red hair. I feel better when I wear Blue Topaz that enhances my blue eyes. Indeed I often get more compliments on my blue eyes when I wear it.



My wedding ring reminds me of all the happiness my husband and I have shared. Sure it hasn't always been rosy, but I wouldn't choose anything different. We just celebrated 22 years together knowing that we are even stronger today than when we started. I kept my original, but I got an upgrade on our Anniversary!

So find your favorites. Whether you receive it as a gift or buy it yourself, these are the nudges to our memories. Best of all they can be shared and passed on to the next generation. Hopefully, some of the memories and stories go with them. Before you know it you have heirlooms worth so much more than mere money.

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## Birthstone chart

January – Garnet  
February – Amethyst  
March – Aquamarine  
April – Diamond  
May – Emerald  
June – Pearl  
July – Ruby  
August – Peridot  
September – Sapphire  
October – Opal  
November – Yellow Topaz, Citrine  
December – Tanzanite, Zircon, Blue Topaz



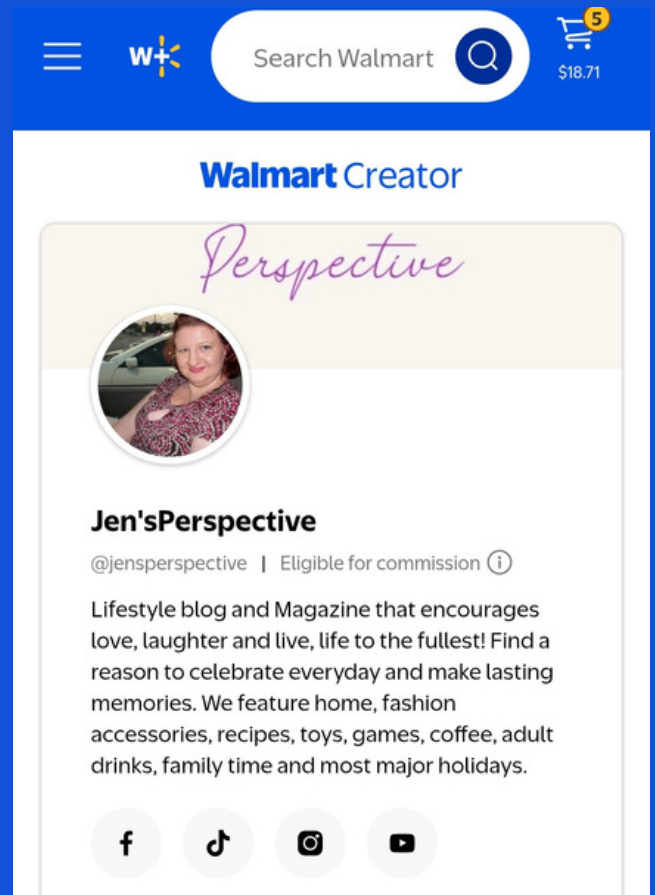
Jen's Perspective is so excited to announce we are now Officially a Walmart Creator! Our storefront on their site as well as featured products across our site and various social channels will help fund our continued growth.

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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# NATIONAL PACK YOUR LUNCH DAY



National Pack Your Lunch Day on March 10 encourages everyone across the country to take their lunch to work, school or where ever they're spending the day. It's an opportunity to revitalize lunchtime with fresh and healthful meal choices.

Packing your lunch has benefits you may not expect. One of the immediate benefits is savings. Many home-prepared lunches cost less than ordering off the take-out menu or eating out. Another benefit of making your own lunch is controlling portion sizes and ingredients. By adding fruits, vegetables, and whole grains to your lunches, they will be healthier, too.

- Mickey Mouse was the first licensed character to appear on a lunchbox in 1935.
- The 1950 Hopalong Cassidy lunchbox was the first lunchbox based on a television show.

While some foods pack well for lunch, others don't fare so well. If you're new to packing lunches, check out this starter list:

- Hardboiled egg – provides a serving of protein
- peeled and placed in a separate container
- Fresh vegetables – choose a dipping sauce like ranch or balsamic vinegar
- carrots sticks, celery sticks, sliced cucumbers, cherry tomatoes
- Whole fruit – apple, orange, banana, grapes, berries
- Yogurt – provides a serving of dairy
- Salad – prepared with deli meats of your choosing
- place dressing in a separate container
- Cheese
- Crackers
- Nuts

You will want to include a gel pack to keep your food chilled until lunchtime, even if you're reheating leftovers.

## HOW TO OBSERVE #PACKYOURLUNCHDAY

Make a plan and a shopping list begin taking more lunches. You might be surprised how much you enjoy it. Bring a packed lunch to work, school or a friend's house and use #PackYourLunchDay to post on social media.

## EXPLORE MORE...

[National Fruit at Work Day](#)

[Fresh Celery Month](#)

[National Picnic Day](#)

[National Cold Cuts Day](#)

[National Sandwich Day](#)

[National Take Back The Lunch Break Day](#)

[National Take Your Parents to Lunch Day](#)

[National Brown-Bag-It-Day](#)



# National Cheesesteak Day

## Explore More...

National Cheesesteak Day on March 24th not only celebrates a fantastic sandwich but it recognizes one of this nation's greater debates; Who created this deliciousness?

It's like March Madness for a cheesesteak. Pat's and Geno's square off at 10 AM followed by Chubby's and Dalessandro's at 11 AM. Then Jim's and Tony Luke's at Noon. Basketball fans know how brackets go. Someone is gonna get a by.

However, the credit is given to a hot dog vendor from the 1930s, Pat Olivieri. According to Philadelphia's tourism site, Pat's King of Steaks sits on its original location and is still going strong. This writer has had a cheesesteak from there and would go back in a heartbeat.

The important thing is this fabulous, juicy sandwich on a hoagie roll. The roll is filled with chipped steak, and you can order it with or without cheese and onions. If you've never had one, you can really only get an authentic one in Philly. Other places try, so go where you can. But someday, go to Philadelphia. It is the real deal.

[National Sandwich Month](#)

[National Sandwhich Day](#)

[Easy Philly Cheesesteak](#)

[Jen's Super Sandwich](#)

[Ultimate Family Sandwhich](#)

[Chipolte Turkey Panini](#)

[National French Dip Day](#)

[National Monte Cristo Day](#)

[National Hoagie Day](#)

[Hot Pastami Sandwich Day](#)

[National Eat a Hoagie Day](#)

## HOW TO OBSERVE #NationalCheesesteakDay

Invite your friends and head over to your favorite cheesesteak restaurant. Get it with cheese (it's cheesesteak day, not steak day) and add the onions, too. Use #NationalCheesesteakDay to share on social media.

# NATIONAL SUNKIST® CITRUS DAY

National Sunkist® Citrus Day on March 1 honors the rich history of California citrus, recognizes the legacy of multi-generational, family-owned Sunkist citrus farms, and celebrates the many health and wellness benefits that Sunkist citrus provides.

The Sunkist cooperative has a rich history of values and a legacy of multi-generational, family-owned citrus farms, and is delighted to celebrate its 130th anniversary this year.

Since 1893, Sunkist has been doing what they do best: growing citrus. What started as citrus growers in the late 1800s joining forces to collaborate and combine efforts, has evolved into more than 1,500 citrus grower members stretching across California and Arizona today. This is why Sunkist's motto is "Stronger Together."

## Seed By Seed

The first Navel orange tree in California was planted in the 1800s and became the very first citrus variety in the Sunkist portfolio. Today, Sunkist offers a robust portfolio of nearly 40 fresh, premium citrus varieties, including:

- Oranges
- Lemons
- Mandarins
- Grapefruit
- Tangerines
- Tangelos



Do oranges have different flavors? Yes. Each citrus variety has its own unique flavor profile. Sunkist Navel oranges are one of the most popular varieties and offer the perfect balance of sweet and juicy. Sunkist Cara Cara oranges, also known as The Pinkie™ Orange, is sweet, seedless, and uniquely pink on the inside due to the natural presence of lycopene. Cara Cara oranges offer 100% of your daily vitamin C intake in just one orange. These oranges provide folate, fiber, potassium, and vitamin A in every bite.

## CITRUS CELEBRATION

Learn about the different varieties of citrus.

- Head to your local grocery store and purchase a variety of citrus products and have a tasting party with friends.
- Learn a new recipe using citrus ingredients. Recipe inspiration can always be found on [Sunkist.com/recipes](https://www.sunkist.com/recipes).
- Share your favorite citrus recipe or wellness hack and give Sunkist a shout-out on social media using [#NationalSunkistCitrusDay](https://twitter.com/NationalSunkistCitrusDay).

# NATIONAL CHOCOLATE CARAMEL DAY

A great combination is celebrated each year on National Chocolate Caramel Day. On March 19th, enjoy chocolate and caramel in your favorite candy bar, ice cream, or dessert. It will put a smile on most people's faces! The combination also invokes some cravings for chocolate caramel coffee, milkshakes, or just about any treat with this hard-to-resist combination.

While Milton Hershey receives a lot of credit for making chocolate caramel popular (he did make his living making caramel first), recipes for chocolate caramels existed as early as the 1880s. At about the same time, the first mass-produced chocolate bar became available.

In 1893, the World's Colombian Exposition came to Chicago. Hershey's fascination with an exhibit featuring machinery for the production of German chocolate became apparent. So fascinated, in fact, he purchased the equipment. Soon he was producing chocolate bars, many of which included his company's bedrock ingredient: caramel.

Chocolate and caramel make a sweet pair. It explains why we find them coupled together in so many recipes. Delicious cakes, bars, brownies, fudge, and cookies get the chocolate caramel treatment. Who wouldn't want to celebrate this heavenly confection combination?



## HOW TO OBSERVE #CHOCOLATECARAMELDAY

There are so many ways to celebrate this day! Add caramel to chocolate ice cream. Enjoy your favorite chocolate caramel candy bar. Make a delicious chocolate caramel dessert or order one from your favorite bakery. Want to add even more variety? Consider that chocolate and caramel also pair well with nuts and whole grains, too. Adding a little dark chocolate and caramel to your granola and yogurt routine in the morning might be a nice treat. Also, drizzle a little over your popcorn.

Of course, the best way to celebrate is by sharing. Try making up a big batch of your favorite recipe for co-workers or the neighbors. Another option is to create recipe cards to give out to friends and family.

Use #ChocolateCaramelDay to post on social media.

## EXPLORE MORE...

[National Truffles Day](#)

[Chocolate](#)

[National Chocolate Candy Day](#)

[National Carmel Month](#)

[Chocolate Covered Anything Day](#)

[World Chocolate Day](#)



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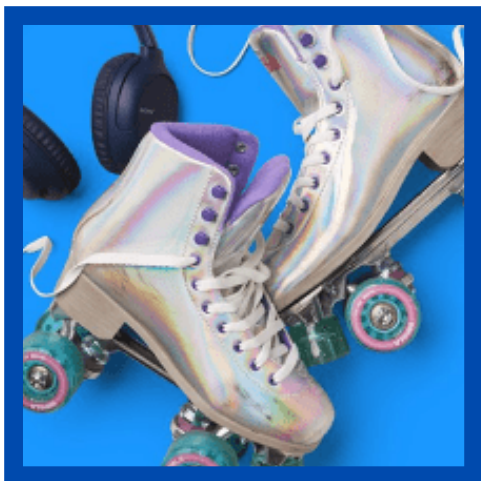
Amazon Music Unlimited



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# U. S. State Days



A blue Volvo Polestar 2 electric car is shown from a front three-quarter view. The car features a sleek, aerodynamic design with a black grille and distinctive orange accents on the lower body. The Volvo logo is visible on the front fender.

A map of the United States showing the 50 states. Each state is labeled with its two-letter abbreviation in large, bold, black capital letters. Major cities are labeled in smaller black text, with lines connecting them to their respective locations. The states are color-coded: orange for the 48 contiguous states and light blue for Alaska and Hawaii. The map includes labels for the following cities: Seattle, Portland, San Francisco, Los Angeles, San Diego, Salt Lake City, Denver, Minneapolis-St. Paul, Phoenix, El Paso, San Antonio, Austin, Dallas, Houston, Beaumont, St. Louis, Nashville, Birmingham, Atlanta, Columbia, Jacksonville, Fort Myers, Orlando, Tampa, West Palm Beach, St. Petersburg, Miami, Charlotteville, Harrisonburg, Raleigh-Durham, Charlotte, Washington DC, Baltimore, Hartford, Providence, Boston, New York, Philadelphia, Harrisburg, Pittsburgh, Indianapolis, Chicago, Springfield, Champaign, Milwaukee, Fond Du Lac, Sheboygan, Columbus, Cleveland, and Washington DC.