

## Happy Valentine's Day!

Every February 14th, across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint, and where did these traditions come from?

Valentine's Day is named in honor of Saint Valentine, the patron saint of lovers who, it is believed, was murdered on February 14, AD 270. During that time, the Roman emperor Claudius II cancelled all marriages and engagements in Rome, as he was having a hard time getting men to join the military, and he believed married men, being emotionally attached to their wives and families, did not make good soldiers.

However, Valentine secretly married couples until he was caught, then, refusing to renounce his Christian beliefs, was sentenced to be beaten to death with clubs and have his head cut off.

One legend suggests he left a farewell note for the jailer's daughter before his death which said, "Love from your Valentine," the first Valentine's card.

It was the pope who set aside February 14th to honor St. Valentine in AD 496, however, the day was not often celebrated until the Middle Ages. Gift giving and exchanging of hand-made cards became common in England around the 18th century, while in the 1840s the holiday caught on in the United States.



### Valentine's Day Facts

- Today, approximately one-fourth of all the cards sent in a year are sent on Valentine's Day. While the day is about love, cards, chocolates and flowers in the U.S. and Canada, the day is celebrated differently around the world.
- In Spain, books are often given on February 14th.
- In Finland, the day marks the honoring of friends, not lovers.
- In South Korea and Japan, women are to give chocolate to men on Valentine's Day, while men are to give sweets to women on White Day, one month later.

### Don't Forget!

#### February is Black History Month

Feb. 2	Groundhog Day
Feb. 7	Super Bowl
Feb. 9	Fat Tuesday
Feb. 10	Ash Wednesday
Feb. 12	Lincoln's Birthday
Feb. 14	Valentine's Day
Feb. 15	Presidents Day

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# MOVIE Madness!

Coming to Theatres this Month...

## Zoolander No. 2 - February 12th

When the world's most beautiful musical celebrities are systematically assassinated with formerly famous male model Derek Zoolander's iconic "Blue Steel" look on their face, Interpol recruits Derek and his friend Hansel McDonald to infiltrate a new and different world of high fashion in order to put a stop to it. Meanwhile, Derek's rival Jacobim Mugatu is set free and is seeking revenge.



## Eddie The Eagle - February 26th

Inspired by true events, Eddie the Eagle is a feel-good story about Michael "Eddie" Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself — even as an entire nation was counting him out. With the help of a rebellious and charismatic coach (played by Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

## The Last Man On The Moon - February 26th

The Last Man On The Moon is powered by the same adrenalin, drama and raw emotions experienced by former NASA astronaut and Navy Captain Eugene "Gene" Cernan. When Cernan became the last man to step off of the surface of the moon in December 1972, he left his footprints and his daughter's initials in the lunar dust. Only now is he ready to share his epic and deeply personal story of fulfillment, love and loss. Five years in the making, the documentary unveils a wealth of rare archival footage and takes Cernan back to the launch pad at Cape Kennedy (now NASA Kennedy Space Center), to the Arlington National Cemetery, and to his Texas ranch where he tries to find respite from a past that refuses to let him go. The film features exclusive interviews with former astronauts, such as Apollo 12 crew-members Alan Bean and Dick Gordon and Apollo 13 Commander Jim Lovell, as well as NASA Flight Director Gene Kranz and Director of Flight Operations Chris Kraft.



# RECIPES

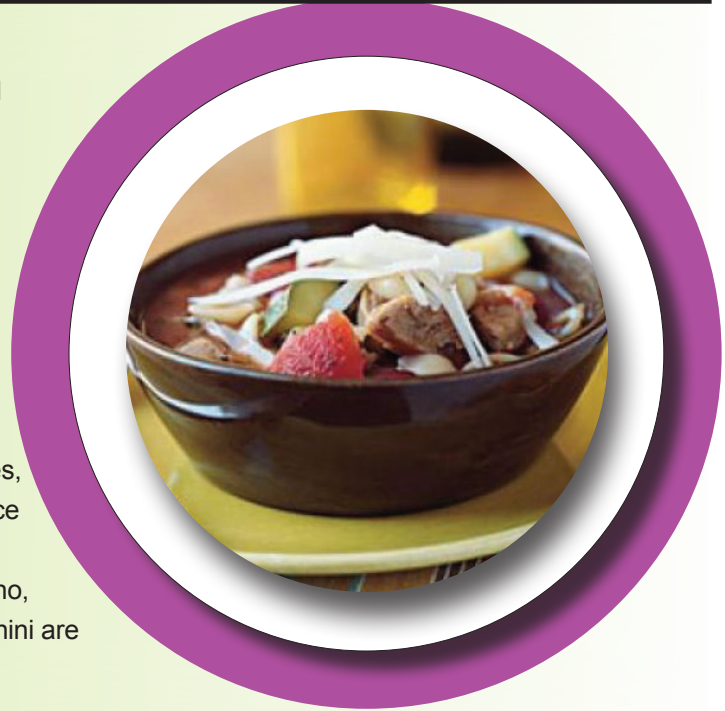
## Pasta Fagioli Soup

### Ingredients:

- 12 ounces Santa Fe chicken sausage, sliced
- 3 cups fat-free, less-sodium chicken broth
- 1/2 cup uncooked small seashell pasta
- 2 cups coarsely chopped zucchini (about 2 small zucchini)
- 1 (14.5-ounce) can stewed tomatoes, undrained
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1/3 cup (about 1 1/2 ounces) shredded Asiago cheese

### Directions:

Heat a large saucepan over high heat. Add sausage; cook 2 minutes, stirring constantly. Add broth and pasta; bring to a boil. Cover, reduce heat, and simmer 4 minutes. Add zucchini and tomatoes; bring to a boil. Cover, reduce heat, and simmer 2 minutes. Stir in basil, oregano, and beans; cover and simmer for 3 minutes or until pasta and zucchini are tender. Sprinkle with cheese. Yield: 5 servings.



## Chocolate Popcorn

### Ingredients:

- 2 quarts popped popcorn
- 1/4 cup cocoa powder
- 1 cup peanuts (optional)
- 1/2 cup butter
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1/4 cup corn syrup

### Directions:

Preheat oven to 250 degrees F (120 degrees C). Oil a 10x15 inch baking pan with sides. Place popcorn and peanuts into a large, metal bowl, and set aside. Stir together the sugar, corn syrup, cocoa powder, and butter in a saucepan over medium-high heat until it comes to a boil. Boil for 2 minutes. Stir in the vanilla, then pour over the popcorn. Stir until the popcorn is well coated. Spread the popcorn into the prepared pan. Bake in preheated oven for 30 minutes, stirring several times. Remove from the oven, and allow to cool to room temperature. Break into small clumps, and store in an airtight container.



# YOUR Safety

## Kitchen Safety...Put a Lid on It!

*Please be careful when you are cooking!*

For cooking to be successful, it is important to be prepared. Before you turn on the stove, please make sure that the stove top is clear of any combustibles including kitchen towels, recipe cards, or food boxes. Also, please make sure your stove top and oven are clean; especially the drip pans. After each time you cook please take a minute and wipe the drip pans out and at least every three months, please clean the oven.

Even if you are careful, accidents still happen; so if you have a pan catch on fire, DON'T PANIC, just put a lid on it. Using an oven mitt, pick up the appropriate sized lid for the pan that is burning, put it on the pan, and then turn the burner off. Do not remove the lid until the pan is cool to the touch. If there is a fire in the oven, just turn off the oven and let the dish cool.



Putting a lid on the pan and turning off the burner or turning off the oven will smother the fire and cool the pan. These actions will extinguish the fire. And lastly, if you are frying DO NOT LEAVE the kitchen unattended...even for a second!

# COLORING Fun

A Special Place Just for Kids!

