



the Concord Grapevine

February 2018

THE HISTORY OF MARDI GRAS

According to historians, Mardi Gras dates back thousands of years to pagan celebrations of spring and fertility. When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. The excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of penance between Ash Wednesday and Easter Sunday. Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

Traditionally, in the days leading up to Lent, merrymakers would binge on all the meat, eggs, milk and cheese that remained in their homes, preparing for several weeks of eating only fish and fasting. In France, the day before Ash Wednesday came to be known as Mardi Gras, or "Fat Tuesday." The word "carnival," another common name for the pre-Lenten festivities, may also derive from this vegetarian-unfriendly custom: in Medieval Latin, *carnevarium* means to take away or remove meat.

MARDI GRAS IN THE UNITED STATES

Many historians believe that the first American Mardi Gras took place on March 3, 1699, when the French explorers Iberville and Bienville landed in what is now Louisiana, just south of the holiday's future epicenter: New Orleans. They held a small celebration and dubbed the spot Point du Mardi Gras. In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties,

masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris. Ten years later, the first recorded New Orleans Mardi Gras parade took place, a tradition that continues to this day. In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city. Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.

MARDI GRAS AROUND THE WORLD

Across the globe, pre-Lenten festivals continue to take place in many countries with significant Roman Catholic populations. Brazil's weeklong Carnival festivities feature European, African and native traditions. In Canada, Quebec City hosts the giant Quebec Winter Carnival. In Italy, tourists flock to Venice's Carnevale, which dates back to the 13th century and is famous for its masquerade balls. Known as Karneval, Fastnacht or Fasching, the German celebration includes parades, costume balls and a tradition that empowers women to cut off men's ties. For Denmark's Fastelavn, children dress up and gather candy in a similar manner to Halloween—although the parallel ends when children ritually flog their parents to wake them up on the morning of Fastelavns Sunday (Quinquagesima—one of the names used in the Western Church for the Sunday before Ash Wednesday)!

February... is Black History Month

2nd	Groundhog Day
13th	Fat Tuesday
14th	Ash Wednesday
14th	Valentine's Day
19th	Presidents Day
20th	Inauguration Day

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Movie Madness

Coming to Theatres this Month...

Winchester - February 2nd

On an isolated stretch of land 50 miles outside of San Francisco sits the most haunted house in the world. Built by Sarah Winchester, heiress to the Winchester fortune, it is a house that knows no end. Constructed in an incessant twenty-four hour a day, seven day a week mania for decades, it stands seven stories tall and contains hundreds of rooms. To the outsider it looks like a monstrous monument to a disturbed woman's madness. But Sarah is not building for herself, for her niece, or for the brilliant Doctor Eric Price whom she has summoned to the house. She is building a prison, an asylum for hundreds of vengeful ghosts, and the most terrifying among them have a score to settle with the Winchesters....



Peter Rabbit - February 9th

Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers, now takes on the starring role of his own irreverent, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door. James Corden voices the character of Peter with playful spirit and wild charm, with Margot Robbie, Elizabeth Debicki, and Daisy Ridley performing the voice roles of the triplets, Flopsy, Mopsy, and Cottontail.

Black Panther - February 16th

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king—and as Black Panther—gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.



Game Night - February 23rd

Max and Annie's weekly couples game night gets kicked up a notch when Max's charismatic brother Brooks, arranges a murder mystery party, complete with fake thugs and faux federal agents. So when Brooks gets kidnapped, it's all part of the game...right? But as the six uber-competitive gamers set out to solve the case and win, they begin to discover that neither this "game"—nor Brooks—are what they seem to be. Over the course of one chaotic night, the friends find themselves increasingly in over their heads as each twist leads to another unexpected turn. With no rules, no points, and no idea who all the players are, this could turn out to be the most fun they've ever had...or game over.

Recipes

Broiled Tilapia Parmesan

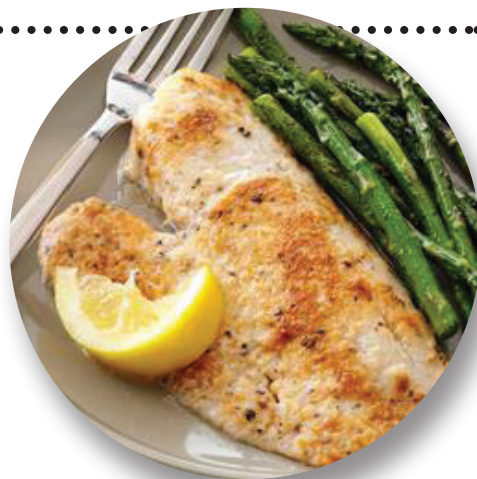
a flavorful recipe that is easy and done in minutes!

Ingredients:

- 1/2 cup Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon celery salt
- 2 pounds tilapia fillets

Directions:

Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.



Super Easy Mardi Gras King Cake

find the plastic baby, and you will have good luck throughout the year!

Ingredients:

- 3 (14 oz) cans refrigerated sweet roll dough
- 2 (12 fluid oz) cans vanilla ready-to-spread frosting
- 1/4 cup milk
- green, yellow, red and blue food coloring
- 1/2 cup multi-colored sprinkles

Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet. Open the cans of sweet roll dough and unroll the dough from each can into 3 strands. Working on a clean surface, place 3 dough strands side by side and gather them together to make one large strand. Fold this in half, and roll slightly to make a fat log. Repeat steps with the remaining dough. Place each log on the prepared baking sheet and shape to make a ring, overlapping the ends and pinching them together to make a complete circle. Pat the dough into shape as necessary to make the ring even in size all the way around. Cover loosely with foil. Bake in preheated oven until firm to the touch and golden brown, 50 to 60 minutes. Check often for doneness so the ring doesn't overbake. Place on a wire rack and cool completely. Place the cake ring on a serving plate. Cut a slit along the inside of the ring and insert a small plastic baby, pushing it far enough into the cake to be hidden from view. Divide the frosting evenly between 4 bowls. Stir 1 tablespoon of milk into each bowl to thin the frosting. Use the frosting in one bowl to drizzle over the cooled cake. To the remaining three bowls of frosting, stir yellow food coloring into one and green into another. Stir the red and blue food colorings together with the frosting in a third bowl to make purple frosting. Drizzle the cake with yellow, green, and purple frostings in any desired pattern. Dust the cake with multi-colored sprinkles and decorate with beads, additional plastic babies, curly ribbon, and other festive trinkets.



Your Health

Teaching Kids Good Oral Hygiene

February is *National Children's Dental Health Month*. One of the best ways to educate children about visits to the dentist and maintaining good oral hygiene is to familiarize yourself with the fundamentals of children's dentistry.

ORAL HYGIENE

Brushing children's teeth twice a day, flossing daily and regular dental check ups are essential for establishing good oral hygiene at an early age. Your child may need assistance or supervision until around the age of 6 or 7.

PREVENTING CAVITIES

While the best protection against cavities is good oral health, additional steps can be taken to help prevent decay. Be sure to use toothpaste that contains fluoride. When your child's permanent back teeth erupt, you should talk to your child's dentist about applying dental sealants.

DENTAL HABITS

Children can develop dental habits at a very early age. While it is important to maintain good oral habits in children, it is equally important to understand and break the bad habits.

DENTAL PROBLEMS

If your child does develop cavities, you should take him /her to the dentist for an evaluation and possible fillings. Do not be under the misconception that children do not need to have cavities filled because their baby teeth will fall out eventually. The fact is that children keep many of their baby teeth for a long time, and cavities can be painful.

NUTRITION

Nutrition plays an important role in good dental health. Eating nutritional snacks and limiting the amount of sugary drinks will help to prevent plaque from forming on the teeth.

EDUCATING CHILDREN

Children love to have fun while they are learning. Teaching children about good dental health is easy with these fun, free and educational dental activities such as, puzzles, games, printable coloring pages, brushing charts, fun facts, crafts, dental experiments and more.



Coloring Fun!

A Special Place Just For Kids!

