

the Concord Grapevine

February 2023

FEBRUARY'S (ALTERNATIVE) HOLIDAYS

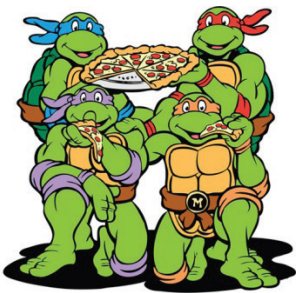
When people think of February, most of the time their mind goes one of two directions—Groundhog Day (February 1st) or Valentine's Day (February 14th). For those that don't celebrate the day of a million chocolates and hearts, here are a few suggestions on other "holidays" to get you excited.

Elmo's Birthday, February 3rd

Everyone's favorite furry red monster, Elmo, made his debut on Sesame Street in 1980, and to this day is still only three-and-a-half years old! Sesame Street celebrates his birthday on February 3rd.

National Chocolate Fondue Day, February 5th

Chocolate fondue is something you can do with family, friends, or by yourself. And while we don't believe you need an excuse to treat yourself to some melted chocolate and dipping items of your choosing, today would be a great day to do it anyway.



Pizza Pie Day, February 9th

Did you know that 36% of Americans eat pizza for breakfast? So, order tonight and feast on the leftovers tomorrow (if you can save any, that is—22% of Americans say they can eat an entire pizza by themselves). And while you're at it,

turn on some classic pizza-loving TV shows like Teenage Mutant Ninja Turtles.

National Flannel Day, February 10th

Over 400 years ago, Flannel was created and humans have been wearing this soft and lovable fabric during the cold winter months ever since. Break out your favorite flannel shirt, pants, blanket (or all three) and get cozy with a favorite movie or pet.

Do A Grouch A Favor Day, February 16th

Not all grouches live in trash cans (See Oscar the Grouch) and today is the day to try and turn those grouchy frowns upside down. Find your local grouch and do something nice. Take out their trash, walk their pet, pick them up a treat on your way home from work, anything to put maybe the smallest of grins on their faces.



National Science Day, February 28th

Break out the beakers and the volcano kits. National Science Day celebrates all things STEM and what better way to celebrate than making the classic volcano science experiment? If volcanos are not your thing, look up a recipe for slime and have fun watching all the ingredients merge into some satisfying fun.

February is... American Heart Month

2nd	Groundhog Day
4th	World Cancer Day
12th	Lincoln's Birthday
13th	Super Bowl Day
14th	Valentine's Day
17th	Random Acts of Kindness Day
20th	National Love Your Pet Day
21st	Presidents Day
22nd	Washington's Birthday



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Movie Madness

January 2023 Movie Theatre Releases



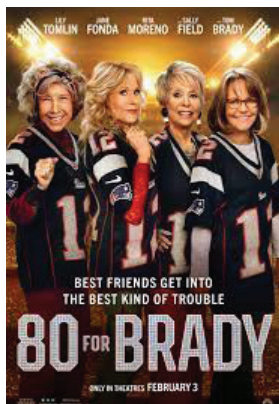
February 3rd Knock at the Cabin

While vacationing at a cabin in the woods, a girl and her parents are taken hostage by four armed strangers who demand they make an unthinkable choice to avert the apocalypse. Scared and with limited access to the outside world, the family must decide what they believe before all is lost.



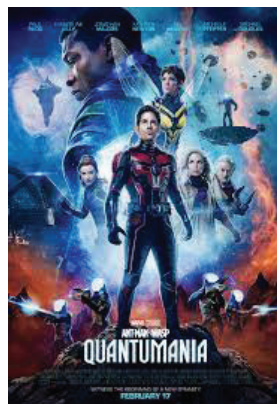
February 15th Marlowe

Detective Phillip Marlowe becomes embroiled in an investigation with a wealthy family in Bay City, California after a beautiful blonde hires him to find her former lover.



February 3rd 80 for Brady

Inspired by the true story of four best friends and New England Patriots fans who take a life-changing trip to the 2017 Super Bowl LI to see their hero Tom Brady play.



February 17th Ant-Man and the Wasp: Quantumania

Ant-Man and the Wasp find themselves exploring the Quantum Realm, interacting with strange new creatures and embarking on an adventure that pushes them beyond the limits of what they thought was possible.



February 10th Magic Mike's Last Dance

Mike Lane takes to the stage once again when a business deal that went bust leaves him broke and bartending in Florida. Hoping for one last hurrah, Mike heads to London with a wealthy socialite who lures him with an offer he can't refuse, and an agenda all her own. He soon finds himself trying to whip a new roster of talented dancers into shape.



February 24th Jesus Revolution

This is the story of Greg Laurie being raised by his struggling mother in the 1970s. Laurie and other young people descend on Southern California to redefine truth through all means of liberation. Inadvertently, Laurie meets Lonnie Frisbee, a charismatic hippie-street-preacher, and Pastor Chuck Smith who have thrown open the doors of Smith's languishing church to a stream of wandering youth. What unfolds becomes the greatest spiritual awakening in American history.

Culinary Creations

Chicken Enchiladas



Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1/2 yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 tsp. cumin
- 1 (10 oz.) can enchilada sauce
- 8 oz. crushed tomatoes
- 3 c. cooked, shredded chicken
- 2 c. shredded Monterey Jack
- 2 c. shredded cheddar, divided
- 1/4 c. freshly chopped cilantro
- Kosher salt
- 12 corn tortillas

Directions:

Preheat oven to 350°. In a large ovenproof skillet over medium-high heat, heat oil. Add onion and pepper and cook until onion is soft, 5 minutes. Add garlic and cumin and cook about 1 minute. Add enchilada sauce and crushed tomatoes and cook until warmed through, 2 to 5 minutes. Set aside 1/2 cup of this sauce for topping the enchiladas. In a medium bowl, combine chicken, 1 cup Monterey Jack, 1 cup cheddar, and cilantro. Add 1 cup of the enchilada sauce mixture and toss to combine; season with salt. Add a small scoop of the chicken mixture in the center of 1 tortilla, then roll up and place seam side down in the skillet of enchilada sauce. Repeat with remaining tortillas. Spread the reserved 1/2 cup enchilada sauce on top and sprinkle with remaining cheese. Bake for 10 minutes or until cheese is bubbling and melted. Garnish with cilantro and serve. ~Source: www.delish.com

Sopapilla Cheese Cake



Ingredients:

- Cooking spray
- 2 (8 oz.) packages cream cheese, softened
- 1 3/4 c. white sugar, divided
- 1 tsp. Mexican vanilla extract
- 2 (8 oz.) cans refrigerated crescent rolls
- 1/2 c. butter, room temperature
- 1 tsp. ground cinnamon
- 1/4 c. honey

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish with cooking spray. Beat cream cheese, 1 cup sugar, and vanilla extract in a bowl until smooth. Unroll crescent roll dough, and use a rolling pin to shape each sheet into a 9x13-inch rectangle. Press one piece into the bottom of the prepared baking dish. Evenly spread cream cheese mixture on top, then cover with remaining piece of crescent dough. Mash remaining 3/4 cup sugar, butter, and cinnamon with a fork until combined. Dot mixture over top of dough. Bake in the preheated oven until crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely for about 2 hours before cutting into 12 squares. ~Source: www.allrecipes.com



Black Beans and Rice

Ingredients:

- 1 tsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3/4 c. uncooked white rice
- 1 1/2 c. low sodium, low fat vegetable broth
- 3 1/2 c. canned black beans
- 1 tsp. ground cumin
- 1/4 tsp. cayenne pepper

Directions:

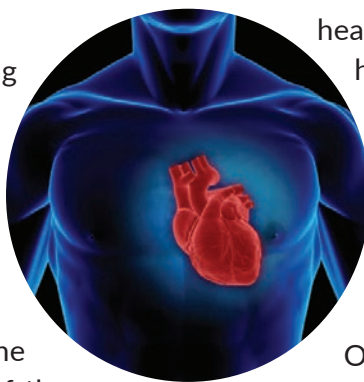
Heat oil in a saucepan over medium-high heat. Add onion and garlic; cook and stir until onion has softened, about 4 minutes. Stir in rice to coat; cook and stir for 2 minutes. Add vegetable broth and bring to a boil. Cover, reduce to a simmer, and cook until liquid is absorbed, about 20 minutes. Stir in beans, cumin, and cayenne; cook until beans are warmed through. ~Source: www.allrecipes.com

AMERICAN HEART MONTH

Why do we observe American Heart Month every February? Every year more than 600,000 Americans die from heart disease. As the number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

About the Heart

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.



heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

5 Interesting Facts about Heart Health

Heart Attacks can be Silent.

One in five heart attacks occurs without the person even knowing they had one.

Heart Attacks Affect Women Differently.

Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea, fatigue, shortness of breath, and vomiting.

Young Women are at Higher Risk than Men.

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

It's Another Reason to Hate Mondays.

Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.

Diet Soda Raises Heart Attack Risk.

If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all. ~ www.nationaltoday.com

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

There are still many unanswered questions about heart health and the cardiovascular system. The best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about

Coloring Fun!



A Special Place Just for Kids!

