

The Meadows of Wadena

Happy Valentine's Day!

Love is in the air as it is Valentine's Day. Now who wouldn't be familiar with this great day meant for sharing love gestures? Couples desperately wait for 14th February to express their feelings to their partners. Though everyone must be familiar with the day's history but let's take a quick look at it. The story is about a young Roman priest named Saint Valentine who secretly performed matrimonial ceremonies of the soldiers belonging to Claudius II. The Emperor had forbidden his soldiers to get married fearing that they might not be able to concentrate on fighting wars. Saint Valentine was hanged on 14th February 270 A.D. and since then the day is celebrated every year. While he was imprisoned he sent his last love note to the jailer's daughter with an ending sign, "From your valentine". Now that sounds familiar!

Did you know that nearly 150 million cards are exchanged each Valentine's Day? Or that more than 40,000 American are employed at chocolate companies? Did you know the average number of wedding proposals taking place on Valentine's day is 220,000?



Valentine's Day History in USA

Valentine's Day is said to have imported to North America in the 19th century by British settlers. First mass-produced Valentine's Day card with embossed paper lace are said to have produced in United States shortly after 1847 by Esther Howland (1828-1904) of Worcester, Massachusetts.

In the second half of the 20th century, the practice of giving gifts along with cards became popular. Roses and chocolates were the most commonly exchanged Valentine's Day Gifts and were usually given by man to the woman. Around 1980's diamond industry began to promote Valentine's Day as an occasion to gift fine jewelry. Today, the day has come to be associated with a generic platonic greeting of "Happy Valentine's

For God

so loved the world,
that he gave his
only
begotten
Son,
that whosoever
believeth
in him should not perish,
but have everlasting life.



John 3:16

Jokes



Boarding From What Gate?

At the airport for a business trip, I settled down to wait for the boarding announcement at Gate 35. Then I heard the voice on the public address system saying, "We apologize for the inconvenience, but Delta Flight 570 will board from Gate 41."

So my family picked up our luggage and carried it over to Gate 41. Not ten minutes later the public address voice told us that Flight 570 would in fact be boarding from Gate 35.

So, again, we gathered our carry-on luggage and returned to the original gate. Just as we were settling down, the public address voice spoke again: "Thank you for participating in Delta's physical fitness program."



Young Couple on Their Honeymoon...

A young couple were on their honeymoon and were staying at a hotel with a large swimming pool. They decided to go for a swim, and the bride donned a new bikini that she had recently purchased. As she swam and splashed around in the pool, she soon discovered that the bikini was too large, and the top and bottom kept coming off. As they were the only ones in the pool, she and her husband would laugh and playfully retrieve the bikini from the pool's bottom.

That evening they dressed for dinner and headed to their hotel's elegant restaurant, where they were seated next to a huge aquarium. Strangely, the aquarium was devoid of any aquatic life. When the bride asked their waiter why the aquarium had no fish in it, he smiled broadly and said, "That's not an aquarium...that's the swimming pool!"



Blonde Joke

This is an interactive joke, so have a piece of paper and pen handy.

A blonde woman walks into an auto parts store and the parts man asks how she's doing and what he can do for her. She replies, "Fine, I need a seven-ten-cap for my car." The man asks, "A seven-ten cap? Where does it go, I've never heard of such a thing?"

The blonde angrily replies, "It goes on top of the engine and don't think just because I'm blonde I don't know what I'm talking about!!"

Perplexed, the parts man asks if she would draw him a picture and maybe help him out in figuring out what it is she needs.

Reader: Draw the number 710 in the middle of the paper and draw a circle around the whole number. Now turn the paper upside down.

Straight from our Kitchen

RANGER COOKIE RECIPE



1 cup brown sugar, packed

1 cup shortening

1 cup white sugar

Mix until creamy, then add

2 eggs

1 tsp vanilla

Mix well then add the following

½ tsp baking powder

1 tsp baking soda

1 & ¾ cup flour

1 & ¾ cup oatmeal

1 cup coconut

2 cups rice crispies

Form into balls and flatten a bit.

Bake @350 for 10 or so minutes



Nurses Notes

Hand washing is a simple thing and it's the best way to prevent infection illness and can prevent potentially fatal infections from spreading. Below are a few tips on keeping your hands clean and sanitized.

When should I wash my hands?

- *Every-time you use the restroom
- *Before meals
- *After meals
- *After handling garbage
- *After handling any food
- *After touching a pet
- *After blowing your nose



What's the best way to wash my hands?

Use soap and warm water, and scrub every nook and cranny you can, rubbing your hands together for at least 20 seconds. Get in between your fingers, cover the entire palm, and wash all the way down to the wrist on both sides. Some people say their ABC's and rinse when you get to Z. Try to avoid using your newly clean hands to touch faucet or doorknob. Use a paper towel if available.

What Kind of Problems can regular hand washing prevent?

- *Influenza (the flu)
- *The common cold
- *Strep throat
- *Intestinal disorders, including diarrhea
- *Pneumonia



HAPPY BIRTHDAY



John

Kathleen W.

18th

26th



A Month in History...

February 6, 1952 - King George VI of England died. Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953.

February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

Birthday Feb. 12th - Abraham Lincoln (1809-1865) the 16th U.S. President was born in Hardin County, Kentucky.

February 14, 1849 - Photographer Mathew Brady took the first photograph of a U.S. President in office, James Polk.

February 20, 1962 - Astronaut John Glenn became the first American launched into orbit.

Birthday Feb. 22nd - George Washington (1732-1799) was born in Westmoreland County, Virginia.

