

the Concord Grapevine

February 2020

IT'S A LEAP YEAR!

(What the heck does that mean?)

Even though the standard calendar year is 365 days, Earth actually takes 365 days 5 hours 48 minutes and 46 seconds to go completely around the sun. (This is called a solar year.) In order to keep the calendar cycle synchronized with the seasons, one extra day is added every four years as February 29.

What is the Julian Calendar?

The Julian calendar (established by Julius Caesar in 46 BCE) introduced the Egyptian solar calendar to the Roman world, standardized the 365-day year, and created the predecessor to our current leap year. February 29 was not reflected on the Julian calendar, rather February 23 was repeated every four years.

You may be asking, "The solar year is not a full 365 days and 6 hours, so what about those extra 11 minutes and 14 seconds?" An additional calendar reformation in the 1500s added a special rule to adjust for this

discrepancy. In 1582 Pope Gregory XIII created a slightly modified calendar to better account for leap days.

Called the Gregorian calendar, this new system said that no century year (like 1900) would be a leap year except for centuries divisible by 400 (like 2000). In order to correct the calendar, the Pope eliminated October 5 through October 14, 1582. The calendar moved directly from the fourth to the fifteenth to align the dates with the seasons again. It feels almost like science fiction to think that 10 full days were removed from the calendar in the year 1582.



But Where Does the Phrase "Leap Year" Come From?

In 365-day years, known as common years, fixed dates advance one day in the week per year. For example, Christmas fell on a Tuesday in 2018 and on a Wednesday in 2019. With the insertion of a leap day, dates (following February) advance two days instead of one. In 2020, Christmas will leap over Thursday to fall on a Friday.

~ Source: dictionary.com

February... is American Heart Month

2nd	Super Bowl
4th	Rosa Park Day
12th	Lincoln's Birthday
14th	Valentine's Day
17th	President's Day
26th	Ash Wednesday

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Movie Madness

Coming to Theatres this Month...

Birds Of Prey

(And the Fantabulous Emancipation of One Harley Quinn) - February 7th

After splitting up with The Joker, Harley Quinn and three other female superheroes—Black Canary, Huntress and Renee Montoya—come together to save the life of a little girl from an evil crime lord.



The Lodge - February 7th

A soon-to-be stepmom is snowed in with her fiancée's two children at a remote holiday village. Just as relations begin to thaw between the trio, some strange and frightening events take place.

Sonic the Hedgehog - February 14th

Sonic tries to navigate the complexities of life on Earth with his newfound best friend—a human named Tom Wachowski. They must soon join forces to prevent the evil Dr. Robotnik from capturing Sonic and using his powers for world domination.



The King's Man - February 14th

As a collection of history's worst tyrants and criminal masterminds gather to plot a war to wipe out millions, one man must race against time to stop them. Discover the origins of the very first independent intelligence agency in *The King's Man*.

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
- 1/4 cup milk
- 2 (12 fluid oz) cans vanilla ready-to-spread frosting
- 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

February is Safety Awareness Month

What does safety actually mean? Safety is both being physically safe from harm and also the act of avoiding situations with recognized hazards to keep yourself safe. Practicing good safety starts at home, so always be sure to be aware of potential hazards in your daily life. Review these great tips:

- 1.** Be careful when walking to your car at night; stay in lit areas, walk with others, and always be aware of your surroundings.
- 2.** Utilize your phone as a safety tool; make sure you have all your emergency contact info programmed into your phone so it's quick and easy to access.
- 3.** Be cautious and trust your gut when dealing with people through online services; always agree to meet in public places, and only exchange goods, services, or money in person.
- 4.** Check your smoke detectors regularly to make sure they're working, and be sure to replace the batteries as needed.
- 5.** Make sure light bulbs are the correct wattage for the lamp you're using them in—incorrect wattage is the number one reason for electrical fires!
- 6.** Create an emergency kit for your car in case you break down and have to wait awhile for help to arrive; water, snacks, a first aid kit, and matches are a great start.
- 7.** Periodically revisit emergency contact lists and meeting areas with your children to make sure they know what to do in case of emergencies.
- 8.** If you're going to be doing something outdoors like hiking, make a trip plan for your family members saying where you're going and when you expect to be back; if you're not home when you're expected, they'll have some information on where to look for you.
- 9.** Never leave cooking food unattended; fires can start quickly, particularly if grease is involved! Being present physically and mentally while cooking will ensure you're able to react quickly if something does catch on fire.



Coloring Fun!

A Special Place Just For Kids!

