

Sweet deals on gifts
for your *Valentine!*

Cupid's Corner

Test your Xs and Os

Test your knowledge of all things related to the day of love.

1. How many martyred saints are believed to be named St. Valentine?

- a. 12
- b. 14
- c. 7
- d. 16

2. Ancient Egyptians used to mummify people with this organ intact because they believed it was the only part of the body necessary for the trip through eternity.

- a. heart
- b. liver
- c. lung
- d. eye

3. This February holiday was originally observed on February 14th.

- a. Lincoln's birthday
- b. Washington's birthday
- c. Mardi Gras
- d. Groundhog Day

4. Which confectionery company produced the first box of chocolates for Valentine's Day in the late 1800s?

- a. Hershey
- b. Nestle
- c. Cadbury
- d. Mars

5. Approximately 110 million of these will be sold and delivered within the three days surrounding Valentine's Day.

- a. chocolates
- b. roses
- c. cards
- d. emails

6. Who receives the most Valentine's Day cards?

- a. teachers
- b. wives
- c. mothers
- d. children

7. This Italian city was where Romeo and Juliet lived in Shakespeare's tale.

- a. Rome
- b. Naples
- c. Tuscany
- d. Verona

8. In what year did Hallmark launch its first Valentine's Day product?

- a. 1913
- b. 1915
- c. 1917
- d. 1919

9. Which Roman goddess was known as the goddess of love?

- a. Vesta
- b. Juno

c. Venus
d. Diana

10. Which monument was given as the ultimate gift of love?

- a. Egyptian pyramids
- b. Taj Mahal
- c. Eiffel Tower
- d. Palace of Versailles

11. Which of the following birds DO NOT mate for life?

- a. Dove
- b. Bald Eagle
- c. Cardinal
- d. California Condor

12. What letter has become the symbol for a "kiss"?

- a. X
- b. O
- c. K
- d. Y

13. This confection is made from sugar or honey and almond meal.

- a. fondant
- b. chocolate
- c. caramel
- d. marzipan

- MetroCreative Graphics

Answers: 1. b 2. a 3. d 4. c 5. a 6. d 7. d 8. c 9. b 10. d 11. c 12. a 13. d

Be A Guest at our Private Dining Club & Enjoy The Stunning Detroit Skyline on Valentine's Weekend

Thursday, February 13th
& Friday, February 14th 5pm-9pm

all menu items à la carte

Appetizer Menu: Clam Chowder Soup, Vegetable & Goat Cheese Salad, Strawberry & Blue Cheese Salad, Seared Scallops, Beef Carpaccio

Entrée Menu: Beef Tenderloin Oscar, Halibut with Miso Glaze, Chicken stuffed with Gorgonzola, Mediterranean Pasta

Dessert Menu: Chocolate Truffle Cake, Crème Brûlée with Fresh Berries



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Take time for you

Valentine's Day has always been about loving someone else, but too often we forget to take proper care of the most important person: ourselves. Celebrate your health and take some time to enjoy your own well-being and happiness. Here are four ways to love yourself:

Love your exercise

Spend some time outdoors, at the gym, or on your yoga mat. Exercise will help boost your mood, leaving you feeling happier and more relaxed. Regular exercise will also help prevent or manage a wide range of illnesses.

Love your health

This Valentine's Day, think about your heart and consider adding more omegas to your diet. Omega-3s are the perfect way to say "I love me" because your body cannot produce them efficiently. Therefore, special attention needs to be paid to ensuring you receive enough from your diet or supplements to give your heart the health it deserves.

Love your singleness

The great thing about being single on Valentine's Day is that you don't have to spend money on a tacky card or go to an overcrowded restaurant. Spend some time thinking about what you love about yourself and the strengths and accomplishments that have made you a healthy and happy individual.

Love your quality time

Being single on Valentine's Day does not mean you have to spend the day alone watching sappy movies and eating chocolate. Instead, treat yourself to a spa treatment or go on a mini-shopping spree at your local health food retailer and buy some products that will help you feel good from the inside out. Start with essentials such as vitamin D, omega-3s, probiotics, and multivitamins.

Even if you are in a relationship, however you choose to spend this Valentine's Day, make sure you take some time to love yourself. The Canadian Health Food Association (CHFA) has more great tips on how to make this Valentine's Day your healthiest yet at chfa.ca.

- www.newscanada.com

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