Valentine's Day

VALENTINE'S DAY Ten All you need is secrets of happy couples

Unfortunately, there is no infallible recipe in the making of a happy couple. However, a few winning attitudes can promote happiness in a relationship:

- 1. Feeling good about yourself: We can never say this enough; to be happy in a couple, you must first of all feel good about yourself.

 2. Having a realistic vision of life within a relationship: neither partner should have unrealistic expectations about their relationship.

 3. Foster commitment: For happy couples, commitment is the foundation of a lasting relationship.

- 4. Complement each other: Happy couples appreciate their differences and see them as assets.
- Have an equal relationship: Sharing is a daily element in the lives of happy couples who maintain an equal relation-
- 6. Stay attentive: small attentions are not only the monopoly of new couples but spice up lasting relation-ships as well.
- monopoly of new coapear and ships as well.

 7. Cultivate admiration: Happy couples have positive perceptions of one another, placing emphasis on what the other partner does well and appreciating their
- 8. Be able to question the relationship: To build a lasting relationship, we must recognize its faults, try and correct its deficiencies and encourage our partners to work towards personal fulfilment.
- 9. Have projects in common: To be happy in a relation-ship, a couple must embrace short, medium and long
- term projects together.

 10. Defuse conflicts: If the level of happiness within a relationship necessarily fluctuates, happy couples know how to defuse conflicts and reconcile quickly.





COMEDY & DESSERT NIGHT

Wednesday, February 15 at 7 p.m. **Conexus MCC Centre, Moosomin**



The Panic Squad has performed across the United States and Canada for hundreds of churches, businesses, national conferences and top Fortune 500 corporations. They have appeared on CBC, CTV, 100 Huntley Street, The Miracle Channel, JCTV, CBS and more.

The Panic Squad performs improvised comedy—spontaneous humor that is crafted around audience participation. It's just like television's "Whose Line Is It Anyway" but totally clean! The Panic Squad proves that comedy can be clean AND exceptionally funny.

The Panic Squad Improv Comedy combines exceptional comedic talent, a love for entertaining and commitment to excellence to create a high quality, professional show that will have you buckled over with laughter.

TICKETS:

or a table of 8 for \$160

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Happy Valentine's Day &

A celebration of love... with the family

Even though Valentine's Day is traditionally a time spent together as a couple, it's important to remember that this day represents the celebration of love in all its forms. So, this is the perfect day to profit from one of those rare occasions when all the family can be together.

from one of those rare occasions when all the family can be together.

As a way of putting a bit of spice into this special day, you could start by organizing a program of activities. First of all, if your children are still young enough to love creating things, a short card-making session would be perfect. Valentine cards can be made and distributed among family, friends, neighbours and people at work. After that, head for the kitchen to concoct your family's favourite dishes. It's not necessary to start making complicated recipes which will only mean a lot of stress for you. Keep things simple and offer them something which they'll appreciate without you having to spend hours in front of a hot stove!

Then, just before sitting down to enjoy all the great food, get your family involved in all the fun of a treasure hunt, searching high and low for little chocolates. Take this opportunity to write short, personalized notes to everyone, underlining the love which unites you all. And lastly, head out to the video store to rent the latest family comedy. Cuddled comfortably under warm covers all the family can profit from these precious moments of closeness which are so rare in our hectic world.

















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f Valentine's Day

The world's most beautiful love stories are made timeless through the arts. So many classics have left their mark in film, litera-

ture, and music.

This Valentine's Day, draw inspiration from the great cinema classics and immerse yourself in the roles of the actors. Think of Casablanca and the lovers played by Humphrey Bogart and Ingrid Bergman or Gone with the Wind with the unforgettable Scarlett O'Hara and Rhett Butler. Revisit The Way We Were with Barbara Streisand and Robert Redford or An Officer and a Gentleman with the seductive Richard

Gere and Debra Winger. Every period has been marked by romantic movies that have touched our hearts and etched famous lines

touched our nearts and etched famous lines of dialogue into our memories.

The great love stories of literature, some adapted to the big screen, have been read over and over again down through the generations. Some sure-fire hits: Romeo and erations. Some sure-tire Intis: Romeo and Juliette by William Shakespeare, Pride and Prejudice by Jane Austen, The Lover by Marguerite Duras, and Love in the Time of Cholera by Gabriel García Márquez. Great novels can sometimes seem intimidating to occasional readers, so for them there are

oetry collections, Harlequin romances, or the romantic sagas written by the very suc-cessful Barbara Cartland.

Just about every couple has appropri-ated a few key love songs. From the generation of Elvis Presley and the Beatles to such groups as the Commodores, Chicago, Céline Dion, and Bryan Adams, the choice of ballads is infinite. If you have musical talent, what could be more romantic than

Chocolates

to offer your loved one your very own love song? It would be sure to become an instant hit in the privacy of your own

nome.

However you've chosen to celebrate Valentine's Day this year, give it a perfect finishing touch by watching a romantic movie or listening to your favourite love song. Have a great Valentine's Day!



Watch a classic romantic movie on Valentine's Day



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Valentine's

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check out our facebook page: www.facebook.com/giftstodelight Business Hours: Monday - Wednesday: 6 p.m. - 8 p.m. Thursday - Saturday: 10 a.m. - 8 p.m.



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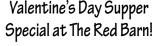


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♥ Valentine's Day Draw

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Valentine's Day Supper





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