

Happy Valentine's Day

Three reasons long-term couples should celebrate Valentine's Day

Those who think that Valentine's Day is just for new couples are definitely mistaken. People in long-term relationships have just as much to gain from a day dedicated to celebrating their love. Read on to explore three reasons why Valentine's Day is meant for all couples, old and new.

1. To shake things up

Long-time couples tend to fall into a routine, returning to the same spots over and over or simply staying home most of the time. This Valentine's Day, dare to be different. Step out of your comfort zone and discover what your region has to offer. A little novelty is never a bad thing!

2. To nurture your bond

When is the last time you told your significant other how he or she makes you feel? Take advantage of Valentine's Day to express just how much you appreciate your sweetheart. Remember—it's the little things that make relationships last. Give your Valentine a heartfelt card, an engraved piece of jewelry or even an original poem as a token of your lasting love.

3. To rekindle the flame

As the years go by, those secret looks, winks, cuddles, kisses, massages and similar intimate gestures can become increasingly scarce in long-term relationships. You're both aware that you should put more effort into seducing each other, and Valentine's Day is the perfect excuse to dress up, hit the town with your sweetheart and watch the sparks fly.



10 tips for a great Valentine's Day!

Valentine's Day is all about romance and expressing your love to those you cherish most. By putting forth a little effort and some planning, you'll not only create a very special day, but you'll create a day that will be memorable.

To get you started, here are a list of the ten most important tips for planning that perfect day:

10. PLAN A SPECIAL OUTING OR CREATE A ROMANTIC SETTING AT HOME

Dress up and go out on the town for dinner and dancing, but be certain to make dinner reservations well in advance. Pick some place new you BOTH have wanted to try! Make it an adventure!

9. BUILD IT UP! ANTICIPATION IS THE PUREST FORM OF PLEASURE!

Let that special someone know you have big plans, but keep them in suspense! Drop innuendos!

8. SURPRISE THEM! EVERYONE LOVES SURPRISES ON SPECIAL OCCASIONS!

Surprise them with a gift selected especially for them! Pick the gift out yourself. Don't have someone do it for you.

7. DO AN ACTIVITY YOU BOTH LOVE!

Take the day off and spend it together! Plan a trip! Go out of town or maybe you book a room or suite at a local hotel or bed and breakfast! If you stay at home, do some activities TOGETHER!

6. WRITE A LOVE LETTER OR A POEM OR EVEN A SONG!

Act like it's your last days on earth. Tell that special someone what they really mean to you. Put it in your own handwriting rather than typing it out.

5. PLAN, PLAN, PLAN! PUT SOME EFFORT INTO IT!

Don't wait until the last

minute to make those dinner reservations and then have to settle for the second choice. Don't wait to buy your flowers or gifts on the big day to find out his/her special flower or cologne/perfume is sold out.

4. IT'S THE SMALL GESTURES THAT COUNT!

They don't go unnoticed! Offer to help out with the chores; open doors; listen intently when spoken to; pay compliments; take care of a pressing matter that has needed some attention; fix or replace something broken; serve breakfast in bed; take the dog to the

groomer; give a massage; draw a bath; have their vehicle serviced.

3. SHOWER THEM WITH FLOWERS, BALLOONS, STUFFED ANIMALS, CHOCOLATES OR CANDIES
How important is it to send flowers? Don't discount the Power of Flowers, numerous scientific studies have documented the positive emotional effect of flowers!

2. START THE DAY SPECIAL AND END THE DAY SPECIAL!
Make this Valentine's Day one you'll both cherish and remember from the start of the day until your

head hits the pillow that night. You're both worth it!

1. QUALITY TIME TOGETHER
Quality time together is the most important gift you can give one another on this very special day, or any other day for that matter! Need we say more?!

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Happy Valentine's Day

1001 ways to say "I love you"

On this special day of love, both for sweethearts and for friends and family, saying "I love you" is a must. Repeating those same three little words on a daily basis can make them lose their shine, so it's up to us to restore the lustre they deserve. Fortunately, love can be expressed in many different ways.

Show it!
What could be better for expressing our feelings than to put them down on paper, such as by writing a poem, for example? Now that's a demonstration of love that is bound to touch your loved one. If writing isn't one of your strengths, think about a gift instead. It doesn't have to cost a fortune; just choose it with loving care. Why not offer a bouquet of favourite flowers, a box of luxurious chocolates, or anything else that will make your loved one say "You shouldn't have — but I love it!"

Share it!
Another way of expressing your feelings is to spend some quality time with your loved one. A few suggestions: sharing a romantic dinner for two at your favourite restaurant; concocting a meal together, accompanied by some gentle much-loved music; sharing the pleasure of a massage together; stretching out side-by-side in a whirlpool bath; going to the movies or cuddling up on the couch while watching one at home; going away for a lovers' weekend; or flying to a romantic destination.

Say it in a different language!
Impress your soul mate by whispering words of love in a different language. Here are a

few ways to say "I love you" other than in English: Je t'aime (French); Ich liebe dich (German); Te quiero (Spanish); Ti amo (Italian); Ik hou van jou (Dutch); Minä rakastan sinua (Finnish); Jag älskar dig (Swedish).

Have a happy Valentine's Day!



There are many different ways to express your love.

Mature love is still love!



It's important to celebrate this day of love even if you're an "old" couple.

Couples who have spent more than a few Valentine's Days together needn't feel that celebrating February 14 is a redundant, meaningless routine. This day of love deserves to be thought of as an important moment in the life of every couple, a mythical date to recall and celebrate the love they feel for each other.

Yes, it is still important to spend time together and highlight the event with a small gift or some tender written words. Showing your partner that you are thinking of him or her is what is most important, and giving a gift is often the easiest way to do that. However, a gift doesn't have to cost a lot of money. A handwritten letter, a framed photograph, a small

heart-shaped decoration, an "I love you" written on the bathroom mirror for your loved one to see in the morning; these are just a few of the gestures that can demonstrate your love and the importance you give your partner in your life.

You might decide to treat yourselves to a shared gift rather than two separate ones. You'll have to decide together on what would please both of you, whether it's a designer item to enhance your home, a new kitchen accessory, or a romantic evening out. You might even want to treat yourselves to a night at a hotel or a country inn, even if it's close to home. The change of scenery will add a touch of excitement to your evening and bring you closer together.



Celebrating the day of love as a family



Valentine's Day is not just for lovers: it is also a celebration of other kinds of love. It's true that on February 14 most of the fuss is all about the Romeos and Juliettes of this world, but family love also deserves some of the limelight.

Fly away love birds
The couple is the cornerstone on which the family is built. Before giving up all your quality time for family cooing, don't forget the importance of maintaining a strong relationship and making the most of every possible occasion to put some romance into your daily lives.

Making a special effort to spend time together on or around Valentine's Day is a must. Organize a babysitter for the chil-

dren and plan to take a break from your usual routine. Make the love of your life happy without forgetting about yourself! If the weather allows, go skating arm in arm. Treat yourselves to massages, a good bottle of wine, and a merry time. Close your eyes and for just a few hours imagine there's only the two of you.

Celebrate with your little cherubs
Children love celebrations. At home or at school, arts and crafts are often the expression of the love and creativity of our little ones, who adore the symbols of love: bright red hearts, cupid, and arrows. Add even more excitement to the occasion by including the children in the preparation of a surprise meal for your soul mate. They'll love to add their very own touch to salads, mix-

up a festive macaroni, or prepare an irresistible chocolate fondue.

Don't forget, but twice! What a great thought for all those hearts overflowing with love.

In other words, experience Valentine's

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Dance: 8 p.m. - 1 a.m.
TICKETS: \$30

Musical Guests: *Reckless Ophelia*
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CHICKEN & RIB COMBO - Half rack of Hickory Smoked BBQ back ribs, one pc broasted chicken (white meat). Baked or mashed potatoes, coleslaw and a fresh dinner bun

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Happy Valentine's day

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