

## Newsletter February 2424

### How did Valentine's day start?

The first Valentine's day was in the year 496!

Many years ago, Emperor Claudius II has banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret.

When the emperor found out, Valentine was thrown in jail and sentenced to death.

There, he fell in love with the jailer's daughter and when he was taken to be killed on February 14<sup>th</sup>, he sent her a love letter signed:" from you Valentine".

#### Recipe of the month

- 4 bone-in pork loin chops (2 lb)
- 1 package (1 oz) ranch dressing and seasoning mix
- 1 can (18 oz) Progresso™ Vegetable Classics creamy mushroom soup
- 2 tablespoons cornstarch

Spray 3 1/2- to 4-quart slow cooker with cooking spray. Sprinkle both sides of pork chops with ranch dressing mix. Place pork chops in slow cooker. Pour soup over pork chops. Cover; cook on Low heat setting 5 to 6 hours or until fork-tender. Remove pork chops from slow cooker, and place on plate; cover to keep warm.

In small bowl, stir cornstarch and 2 tablespoons water until well blended; stir into mushroom sauce in slow cooker. Cook on Low heat setting 3 to 5 minutes or until thickened. Serve over pork chops.

# **Giving Back:**

#### Operation H.O.P.E, Inc.

The vision is to help those who cannot help themselves by restoring their dignity, respecting their gifts and talents, and empowering them to rebuild their lives. Operation H.O.P.E. exists to provide help to populations that are typically forgotten by society such as the homeless, orphans/foster children, senior citizens, prisoners, inner-city, and the oppressed people.

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## Quote of the month:

"LOVE is a partnership of two unique people who bring out the very best in each other, and who know that even though they are WONDERFUL as individuals, they are even BETTER together"