Some Random Facts about Valentine’s Day That You Probably Didn’t Know

By Nick Dabbs

Let’s face it: Valentine’s Day most frequently comes to mind when we think about February. But how can we not think about Valentine’s Day when February rolls around? Valentine’s Day-themed cards, candy, flowers, and even clothing are plastered around us at almost every public space, even before it’s February! Because of that, we feel obligated to shower our significant others (or other loved ones—maybe even ourselves) with Valentine’s Day-inspired items. Although we are aware of the romantic themes underlying Valentine’s Day, the holiday actually carries a mixed bag of interesting facts that are both romantic and unromantic. In case you weren’t aware, here are some random facts about Valentine’s Day:

1. The phrase “wear your heart on your sleeve” actually refers to how young people in the middle ages would draw the name of their valentine from a bowl, and then they would literally wear that name on their sleeve for one week.

2. Every Valentine’s Day, Verona, Italy receives around 1,000 letters addressed to Juliet from William Shakespeare’s popular play Romeo and Juliet, since this is the city where both Romeo and Juliet lived.

3. Valentine’s Day is the second most popular day for sending cards, next to Christmas, which is the most popular day for sending cards.

4. On February 14th in 1876, Alexander Graham Bell applied for his telephone patent.

5. On February 14th, 1929, penicillin was first introduced.

Now that you’ve been equipped with some random Valentine’s Day facts, you can possibly put your newfound knowledge to the test at a trivia night!

Source: http://www.softschools.com/facts/holidays/valentines_day_facts/148/

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Coffee Mug Cake

Ingredients
- 7 tablespoons cake mix (Save the rest of the mix in a sealed container for later use)
- nonstick cooking spray
- 3 tablespoons oil
- 6 tablespoons water
- 2 tablespoons liquid egg substitute or 1-2 egg(s), lightly beaten

Instructions
1. Using a 10 to 16 ounce microwave safe coffee mug, spray the insides with the non stick spray.
2. Add 7 TBS of the box cake mix. (Save the rest of the mix in a sealed container for later use.).
3. Next add the oil and water to the cup and mix thoroughly.
4. Finally, add the egg and mix well.
5. Place in microwave and microwave on high for 3 minutes. The cake may rise above the top of the cup, but don’t worry. When finished, check center with a toothpick. If pick comes out clean, then the cake is done.
6. Allow to cool for several minutes and then turn cake out onto a dish or serve right in the coffee mug.

Source: https://www.geniuskitchen.com/recipe/coffee-mug-cake-328252
**Tutoring Times:**

- Tuesday Studios 6 p.m. - 8 p.m. (LRH Great Room)
- Thursday Walk-in Writing Help 2 p.m. – 4 p.m. (LRH 111)
- Friday Studios 11 a.m. - 1 p.m. (LRH Great Room)

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**CAP Contact Info (click each link)**

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CAP Staff
Ariel Gipson, a senior majoring in criminal justice, is one of the student workers in CAP. “It is never boring working in the honors office,” she says, when describing what a day in her role as a student worker for CAP looks like. “[S]omething funny always happens. Karen [Barker] will come in and say something to make me laugh.” Although Ariel has worked for two years in CAP, her role is not limited to a student worker; she has also been a peer mentor to many freshmen.

Ariel’s favorite TV show is The Bernie Mac Show. When asked why The Bernie Mac Show is her favorite, she elaborates, “I can rewatch the episodes and still laugh at them, no matter how many times I’ve seen them.” Out of the recent films she’s seen, she thought the new Spider-Man movie was “decent,” but goes on to say that none of the new films are as good as the original Spider-Man with Tobey Maguire. “He will always be the original Spider-Man,” she remarks.

Her favorite music artist is Nicki Minaj. “[Nicki Minaj’s] music has always been a part of my life,” Ariel claims. “I always listened to her growing up, and I still listen to her now in college.” Another artist she likes is India.Arie, who is a neo-soul artist. When asked why she likes India.Arie, Ariel mentions, “She makes a lot of music that uplifts women, [and] that uplifts the black community.”

Ariel claims that her favorite part about working in CAP is helping out with orientation. She says that helping with orientation is the aspect of CAP she enjoys most because, “[I]t’s always fun meeting the incoming students.” Having been a part of the program for several years, she has seen how each year brings in “new personalities [and] new faces.”

When not working in CAP, Ariel is the president of Upsilon Rho of Delta Sigma Theta Sorority, Inc. She also enjoys dabbling in her artistic abilities. “People don’t expect me to be into art, [but] I like being creative,” she says. She is able to employ her creative skills into activities such as making fliers and decorations for her sorority. Some of her creative hobbies include drawing and working with ceramics.