

# LAMPRESS

FEBRUARY 2021

## The History of St. Valentine



The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred, meaning they died for their faith. One legend says that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men (say what?). Valentine, realizing the how wrong this was, defied Claudius and continued to perform marriages for young lovers in secret (romantic, right?). When Valentine's actions were discovered, Claudius ordered that he be put to death.

History.com Editors. "History of Valentine's Day." *History.com*, A&E Television Networks, 22 Dec. 2009, [www.history.com/topics/valentines-day/history-of-valentines-day-2#section\\_5](http://www.history.com/topics/valentines-day/history-of-valentines-day-2#section_5).

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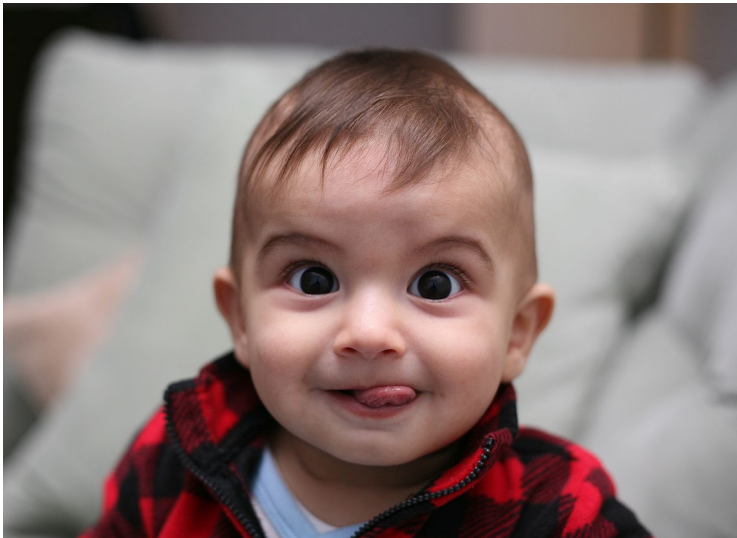
- New Baby Announcements
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- World's Worst Pickup Lines
- Advice for the Big Weekend
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## OOH, BABY, BABY. HOW WAS I SUPPOSED TO KNOW?

WE ARE ALL ABOUT THE BABIES HERE (AND THEIR MOMMIES, OF COURSE). PLEASE SEND US FUNNY (OR JUST PLAIN CUTE) PICTURES OF YOUR BABIES DOING THE AMAZING THINGS THEY DO. WE WANT TO SHARE IN THE FUN! EITHER SHARE ON CLASSROOM OR SEND TO DANIELSTA@LEESCHOOLS.NET.



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**NOW  
ANNOUNCING.....**



### *Let's Welcome Our New Babies*

- ❖ Jakeria Williams had her baby boy, Keon Fuller, on 12/23.
- ❖ Ariana Gutierrez had her 8lb baby boy, Elias Ray on 1/8.
- ❖ Ariana Hernandez gave birth to her baby girl, Analia, on 1/26.

Want to know about some of the coolest gadgets out there for parents? Check out this website for the ideas you see here and a few more that will really get your attention.

[https://www.boredpanda.com/parenting-inventions-kids-babies-gadgets/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=organic](https://www.boredpanda.com/parenting-inventions-kids-babies-gadgets/?utm_source=google&utm_medium=organic&utm_campaign=organic)



# A Recipe From Your Neighborhood Mom

## Ariana Gutierrez



## Horchata (Mexican Recipe)

### Ingredients-

- Water
- Rice
- Cinnamon Stick
- Evaporated milk (can)
- Sweetened condensed milk (can)
- Sugar (optional)
- Vanilla extract

### Steps-

- Fill your pitcher with  $\frac{3}{4}$  cup of water
- Wash & drain you uncooked white rice
- Start soaking your rice & cinnamon stick in a bowl of water for 4 hours
- Then put all your mixture in the blender & blend it
- Strain the resulting liquid into your pitcher
- Put what stayed in the strainer back into your blender
- Then put your evaporated milk, sweetened condensed milk, & 1 teaspoon of vanilla extract into the blender
- Mix all the ingredients in the blender thoroughly
- Strain again the liquid into your pitcher
- Mix until everything is combined
- Taste-test (if you want more sugar, feel free to add to your liking)
- Put in the refrigerator or serve with ice and enjoy



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# THINK YOU KNOW THAT LYRIC?

BELOW, YOU ARE GIVEN LINES OF LYRICS FROM SONGS FROM YEARS PAST. TO MAKE IT LAMPTASTIC, EACH SONG CONTAINS THE WORD **BABY**. SEE IF YOU CAN FILL IN THE MISSING LYRICS FOR EACH SONG (EACH BLANK REPRESENTS ONE WORD). USE THE WORD BANK TO HELP.

## Ice Ice Baby by Vanilla Ice

Alright stop, collaborate and listen  
Ice is back with my \_\_\_\_\_

## Always Be My Baby by Mariah Carey

Boy don't you know you can't escape me  
Oh darlin' \_\_\_\_\_

## Baby One More Time by Britney Spears

Oh, baby, baby, how was I supposed to know?  
Oh, pretty baby, \_\_\_\_\_

## Baby Love by The Supremes

Ooh baby love, my baby love  
I need you, oh how I need you  
But all you do is treat me bad  
\_\_\_\_\_

## Be My Baby Tonight by John Michael Montgomery

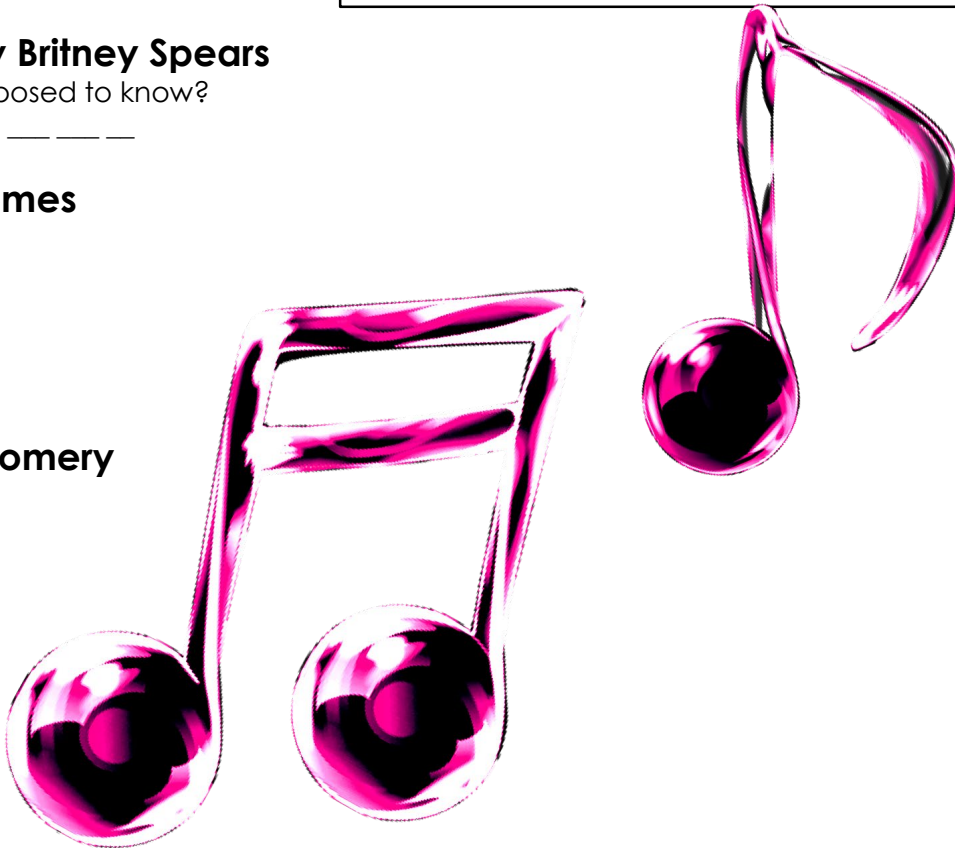
Could you  
Would you  
Ain't you gonna  
If I ask you,  
would you want to  
Be my baby tonight  
Yeah, take a chance,  
\_\_\_\_\_

Make a \_\_\_\_\_  
Honey, \_\_\_\_\_

## Baby by Justin Beiber

And I'm in pieces, baby, fix me  
And just shake me 'til you \_\_\_\_\_

little brand shouldn't break slow  
new romance bad leave dance  
'cause baby wake dream it'll I  
you'll me from always heart invention  
be my have and me let alright this  
be sad you go my



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# Valentine's Day

Find the words on the list in the word search below!

X Z N E I H                                    E S S B W V  
 H Z B M S W Q X F                            S V H B T J U V S  
 Z Q J F O O A A M C S                        P T N N N U F J E K M  
 C B I G L R R R T A F D X                    J W R H I M F R Q B L J C  
 Q G E A O H T U S X E I B B W D X A C S H D W W G O D H  
 U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z  
 U R F Q E B Q E Z H R U C B U B X H U L I J X F D E D A  
 I A J W R R E N U Y S C E B Q E F O O R D B F E X W Z Y  
 W G S S S E N D N I K P T S K Z A T W C L G R P H N K M  
 T J U W O E S E R V I C E C S N O F R J O U A Q M U C E  
 L K C O T M B L U F T H G U O H T C P Q L L Q T M F N U  
 D O I Y B Q D Y G H A P P I N E S S T O S Z A H G E Z Y  
 J Z Z H D U V Q P D R P I H S D N E I R F G R T N I T  
 D E T S N R P E E P C D W H R M S Q D T L F O E S C  
 F M J W A G H O B T O K L W U P O D F O Z A P J  
 A Z K V C V H O R X X P X J C L E T T E R S  
 T G I F T S R M H S F E K N I P P T I A  
 D I R D A W G D C A X R G T B F K H  
 E I T B B P J K C V B A Z I M D  
 Q F P V I O Z Z I N C H Y J  
 J S Q Y D D Z M H E Y S  
 H T B V S H H I X Q  
 W I K L Z F M Z  
 B O T G P J  
 L V I R  
 V R

ARROWS  
 CUPID  
 FUN  
 HEARTS  
 LOVE  
 RED  
 SHARE

CANDY  
 FLOWERS  
 GIFTS  
 KINDNESS  
 NICE  
 ROSE  
 SWEET

CHOCOLATE  
 FRIENDSHIP  
 HAPPINESS  
 LETTERS  
 PINK  
 SERVICE  
 THOUGHTFUL

# World's Worst Pickup Lines? You be the judge.

1. Go ahead, feel my shirt; it's made of boyfriend material.
2. Are you okay? That fall from heaven must have hurt.
3. I hope you know CPR because you're taking my breath away.
4. I'm in the mood for pizza. A pizza you!
5. You must be exhausted; you've been running through my mind all day.
6. There must be something wrong with my eyes, because I can't take them off of you.
7. Do you believe in love at first sight or do I have to walk by again?
8. Are you a camera? Because every time I look at you I smile!
9. Are you a loan? Because you've got me interested!
10. Hey my name's Microsoft. Can I crash your place tonight?

As experienced researcher by Alayna Ramirez



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Hannah Hunt brings you your recommendations for this Valentine's Day:



## **Movies:**

About Time  
The Notebook  
Irreplaceable you  
Runaway Bride  
A Walk to Remember

## **Songs:**

"Give Me Love" by Ed Sheeran  
"The Way" by Ariana Grande and Mac Miller  
"Just The Way You Are" by Bruno Mars  
"Fly Me To The Moon" by Frank Sinatra  
"All Of Me" by John Legend

# Work It!

Research by Hannah Hunt

## Exercises to do while pregnant

**Wall Squats** (for abdominal muscles, buttock muscles, and thigh muscles) - Stand with your head, shoulders, and back against a wall with your feet about 1 to 2 feet away from the wall. Press your lower back into the wall and squat as if you were going to sit down, with the knees approaching a 90-degree angle. Come back up slowly, keeping your back and buttocks in contact with the wall.

**Side-Lying Inner and Outer Thigh** (for core and inner thigh) - Lie on your right side, head supported by your forearm, right leg bent at a 45-degree angle and left leg straight. Place your opposite arm on the floor for stability. Lift left leg to about hip height and repeat several times. Repeat the process on your other side.

**One-Arm Row** (for back, biceps, and triceps) - Using a sturdy chair, place your right knee on the seat, left foot on the floor. Bend forward, back parallel to the floor and place your right hand on the seat. Hold a 5- to 8-pound weight in your left hand, arm extended down and in line with your shoulder, palm facing in. Bend your left elbow up so that your arm forms a 90-degree angle. Hold, then return to starting position. Repeat for reps, then switch sides.

## Exercises to do after having your baby

**Walking**- This classic is always good; it will help you lose some baby fat and help you sleep.

**Head lifts** - Lie on your back with your arms along your sides. Keeping your lower back flush to the floor, bend your knees with your feet flat on the floor. Relax your belly as you inhale. As you exhale, slowly lift your head and neck off the floor. Inhale as you lower your head back down.

**Rock-a-baby squats and curls** - Stand with your legs shoulder-width apart. Holding your baby tight and close to your chest, squat down, allowing your baby's feet to touch the floor. As you rise up, bring the baby closer to your chest.

**The baby glider** - Holding your baby close to your chest, do a forward lunge with your left leg (take a big step forward and bend your knee). Don't let your toes go past your knee. Then return to starting position and lunge with the opposite leg. This will help strengthen your legs, back muscles, and core. Repeat 8-10 times on each side.

**The baby bouncer** - This move is similar to the baby glider, but instead of forward lunges, do side lunges -- stepping to the side instead of to the front -- and do a squat. Reach back with your behind as if you're sitting in a chair, keeping your knees over your ankles. Repeat 8-10 times on each side.





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Got a story about love for us?  
Bad dating experience?  
Interesting story about how you  
met your significant other? Share  
it with us and we will print it in our  
next issue. Both students and staff  
are encouraged to share.



Lee Adolescent Mothers Program  
Is a Proud Title I School





Dear Parent or Guardian:

In an effort to ensure that all students in the School District of Lee County are provided the highest quality education by effective and skilled teachers, we are continually working to make sure all teachers of core academic subjects meet the definition of "State Certified" under the Every Student Succeeds Act (ESSA). Core academic subjects include English, reading, language arts, mathematics, civics/government, economics, geography, history, science, foreign languages, and the arts.

In order for a teacher to meet the definition of "State Certified," they must have:

- a Bachelor's degree or higher;
- full State certification; AND
- demonstrate knowledge of the academic subject area(s) in which they teach.

Although the District makes every effort to hire teachers that meet ESSA's demanding highly qualified teacher requirements, we would like to inform you that your child's teacher, Ms. Leonard Alejo, is presently non-state certified for Biology. Ms. Leonard Alejo is currently working to meet this requirement, and the School District of Lee County has full confidence in her ability to teach your child effectively. In addition, LAMP is providing on-going assistance to Ms. Leonard Alejo that her extensive experience and certifications continue to support student achievement in your child's school.

If you have any questions regarding Ms. Leonard Alejo's qualifications, please feel free to contact Ms. Rebecca Andrew, Assistant Principal at 239-332-2526.

Sincerely,

Rebecca Andrew

Lee Adolescent Mothers Program

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- a Bachelor's degree or higher;
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- demonstrate knowledge of the academic subject area(s) in which they teach.

Although the District makes every effort to hire teachers that meet ESSA's demanding highly qualified teacher requirements, we would like to inform you that your child's teacher, Ms. Regina Duresky, is presently non-state certified for Reading. Ms. Duresky is currently working to meet this requirement, and the School District of Lee County has full confidence in her ability to teach your child effectively.

In addition, LAMP is providing on-going assistance to Ms. Duresky that her extensive experience and certifications continue to support student achievement in your child's school.

If you have any questions regarding Ms. Duresky's qualifications, please feel free to contact Ms. Rebecca Andrew, Assistant Principal at 239-332-2526.

Sincerely,

Rebecca Andrew

Lee Adolescent Mothers Program