



THE magazine for the WHOLE family

Volume 3 Issue 7

**HAPPY
VALENTINE'S
DAY**



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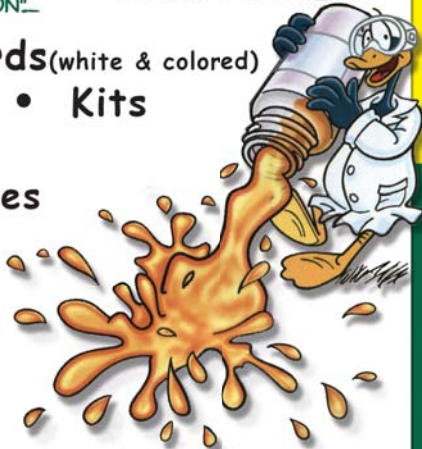
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THE Magazine for the WHOLE Family

Don't Forget
your Valentine!



FEBRUARY WEEKLY OBSERVANCES

- | | |
|---|---|
| <ul style="list-style-type: none"> • Patient Recognition Week: 1-7 • Solo Diners Eat Out Weekend: 1-7 • Women's Heart Week: 1-7 • Children's Authors & Illustrators Week: 3-9 • Boy Scout Anniversary Week: 3-9 • International Coaching Week: 3-9 • Consumer Protection Week: 3-9 • National Leadership Week: 3-9 • National Pancake Week: 3-9 • Publicity for Profit Week: 3-9 • Dump Your Significant Jerk Week: 4-10 • Networking Week: 4-8 • School Counseling Week: 4-8 • Congenital Heart Defect Awareness Week: 7-14 • Rejection Risk Awareness Week: 7-14 • Love Makes the World Go Round; But, Laughter Keeps Us From Getting Dizzy Week: 8-14 • Freelance Writers Week: 10-16 | <ul style="list-style-type: none"> • Family, Career & Community Leaders of America Week: 10-16 • Jell-O Week: 10-16 • Heart Failure Awareness Week: 10-16 • International Flirting Week: 11-17 • Just Say No to Powerpoints Week: 11-15 • Love a Mench Week: 11-17 • Random Acts of Kindness Week: 11-17 • World Duchenne Muscular Dystrophy Awareness Week • Great Backyard Bird Count Week: 15-18 • NBA All-Star Week: 15-17 • National Engineers Week: 17-25 • National Eating Disorders Awareness Week: 2/24-3/1 • Telecommuter Appreciation Week: 2/24-3/1 Link • Read Me Week: 2/25-3/2 • Texas Cowboy Poetry Week: 2/29-3/2 |
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FEBRUARY MONTHLY OBSERVANCES

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|---|---|
| <ul style="list-style-type: none"> • AMD/Low Vision Awareness Month • American Heart Month • Bake for Family Fun Month • February is Fabulous Florida Strawberry Month • Library Lovers Month • Marfan Syndrome Awareness Month • National African American History Month • National Bird Feeding Month • National Black History Month • National Cherry Pie Month • National Children's Dental Health Month • National Clean Up Your Computer Month • National Get To Know and Independent Real Estate Broker Month | <ul style="list-style-type: none"> • National Laugh-Friendly Month • National Parent Leadership Month • National Pet Dental Health Month • National Senior Independence Month • National Time Management Month • National Weddings Month • Plant the Seeds of Greatness Month • Relationship Wellness Month • Return Shopping Carts to the Supermarket Month • Spiritual Teachers Month • Spunky Old Broads Month • Sweet Potato Month • Wise Health Care Consumer Month • Youth Leadership Month |
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Northern Hemisphere Hoodie-Hoo-Day -- At high noon (local time) citizens are asked to go outdoors and yell "Hoodie-Hoo" to chase winter and make ready for spring, one month from now. Feb. 20

Q What do farmers give their wives on Valentine's Day?
A Hog and kisses!

Q Why did the pig give his girlfriend a box of candy?
A It was Valenswine's Day!

Q Do skunks celebrate Valentine's Day?
A Sure, they're very scent-imental!

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This Valentine's Day, Give a Present with a Future

Any Valentine's Day gift is thoughtful. Still, many presents have fairly short shelf lives — flowers fade, chocolates get eaten and those little candy hearts that say “Be Mine” get stale. This year, why not give your special valentine a gift that keeps on giving for years to come?

Specifically, consider making a financial gift. Here are a few possibilities:

- Give stocks. You might want to give shares of stock in a company that makes products favored by your loved one. As an alternative to buying stocks, you could give your own shares. You'll need to know what you originally paid for the stock (its tax basis), how long you've held it and its fair market value at the date of the gift. The recipient will need this information to determine gains or losses when he or she sells the stock. (You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want.)
- Contribute to an IRA. The

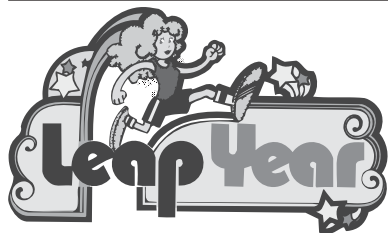
IRA contribution limit for 2008 is \$5,000. Investors who are age 50 and older can also make a “catch-up” contribution of an additional \$1,000. So if your valentine hasn't fully funded his or her IRA for this year, you can help. (You can't contribute directly to another's IRA, but you can give cash gifts to be used for the purpose of funding an IRA.) Because of their tax advantages, IRAs are great retirement savings vehicles. Traditional IRAs have the potential to grow tax deferred; Roth IRAs potentially grow tax free, provided the investor has had the account for at least five years and is 59-1/2 or older.

- Make a charitable gift in your valentine's name. Your loved one, like most people, probably supports a variety of social and charitable organizations. By making a donation to one of these groups in your valentine's name, you can add special meaning to this Valentine's Day. At the same time, you'll be giving yourself a little valentine, because you may be able to claim a tax deduction for your charitable gift.
- Review your estate plans. It

doesn't sound all that romantic — but if your sweetheart is also your spouse, you'll certainly be looking out for his or her best interests when you review your estate plans. If you were to die without a will, for example, you would cause considerable anguish to your survivors. And in many cases a simple will isn't enough — you may need to establish a living trust or other estate-planning tool. You'll also want to go through your financial assets — including your IRA, 401(k), annuities and life insurance contracts — to make sure your beneficiary designations are still accurate. Beneficiary designations supersede whatever instructions may be in your will, so it's essential that you update your beneficiaries whenever your family situation changes. It's not uncommon for assets to go to the wrong beneficiaries (e.g., former spouses) or to bypass children born after the beneficiary designation was made.

By making any of these gifts, you'll show your loved one that you really care — and the results of your generosity will be felt long after Valentine's Day is over. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative



This month we enjoy a leap year, which means that 2008 has 366 days instead of the usual 365 days that an ordinary year has. An extra day is added in a leap year—February 29—which is called an intercalary day or a leap day.

Leap years are added to the calendar to keep it working properly. The 365 days of the annual calendar are meant to match up with the solar year (the time it takes the Earth to complete its orbit around the Sun). The ACTUAL time it takes for the Earth to travel around the Sun is actually about 365¼ days (365 days, 5 hours, 48 minutes, and 46 seconds). So the calendar and the solar year don't exactly match—the calendar year is a little shorter than the solar year.

It may not seem like much of a difference, but after a few years those extra quarter days in the solar year begin to add up. After four years, for example, the four extra quarter days would make the calendar fall behind the solar year by about a day. Over the course of a century, the difference between the solar year and the calendar year would become 25 days! Instead of summer beginning in June, it wouldn't start until nearly a month later, in July. So every four years a leap day is added to the calendar to allow it to catch up to the solar year.

History of Leap year:

The Egyptians were the first to come up with the idea of adding a leap day once every four years to keep the calendar in sync with the solar year. Later, the Romans adopted this solution for their calendar, and they became the first to designate February 29 as the leap day.

The math seems to work out beautifully when you add an extra day to the calendar every four years to compensate for the extra quarter of a day in the solar year. However, the solar year is just about 365¼ days long—but not exactly! The exact length of a solar year

is actually 11 minutes and 14 seconds less than 365¼ days. That means that even if you add a leap day every four years, the calendar would still overshoot the solar year by a little bit—11 minutes and 14 seconds per year. These minutes and seconds really start to add up: after 128 years, the calendar would gain an entire extra day. So, the leap year rule, “add a leap year every four years” was a good rule, but not good enough!

To rectify the situation, the creators of our calendar (the Gregorian calendar, introduced in 1582) decided to omit leap years three times every four hundred years. This would shorten the calendar every so often and rid it of the annual excess of 11 minutes and 14 seconds. So in addition to the rule that a leap year occurs every four years, a new rule was added: a century year is not a leap year unless it is evenly divisible by 400. This rule manages to eliminate three leap years every few hundred years.

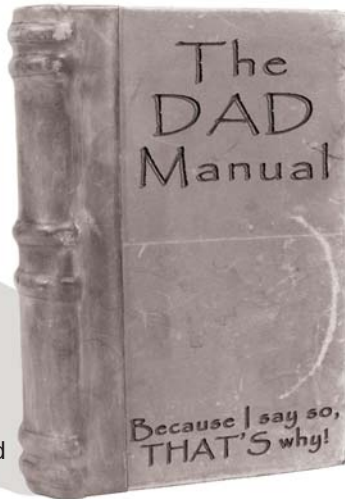
This ingenious correction worked beautifully in bringing the calendar and the solar year in harmony, pretty much eliminating those pesky extra 11 minutes and 14 seconds. Now the calendar year and the solar year are just about a half a minute off. At that rate, it takes 3,300 years for the calendar year and solar year to diverge by a day. **FPT**

FATHER KNOWS BEST

By Chris Joker

Lecture Number 122 Of The Dad Manual

I am a human alarm clock. My daughter has to catch the bus at 6:48 a.m. So I get up at 5:45, stick my head into her room and say, "Honey, it's time to get up" to which she replies, "hrngh fru tigh swaf" which translates into English as "leave me alone" and into alarm clock parlance as "hit the snooze button" I used to say "Wakey Uppy, come on let's get a move on, it's a beautiful day and time for school" to which she would reply "#*@\$%^&# *&^%@^%\$", which in English translates to something I can't print here and should ground my daughter for saying. In an attempt at more harmonious communication I changed it to the apparently less offensive "Honey, it's time to get up." After this exchange I start the coffee and get in the shower. After the shower I stick my head back in her room and say, "Its time to get up, turn your light on" and I stand there until the light goes on. I then pour some coffee and begin to get annoyed that my daughter is still in bed. By 6:30 she has usually made it to the bathroom and I start breakfast. On this particular morning she comes out for breakfast about 6:35 missing something.... Hmmm what is it... oh I know, shoes. She is not wearing any shoes. I explain to her that she needs to wear shoes to which she replies, "Do you know where my shoes are?" Really not a good question to have to ask 13 minutes before you have to catch a bus. I ask the obvious, "Where did you leave them?" Kind of a stupid question if you think about it, I mean if she knew that, they wouldn't be lost. I break into standard lecture number 122 of the Dad manual. You know the one about "if you put your things away where they belong, you will



always be able to find them. Blah, blah, blah" I realize given the short amount of time before the bus arrives and the fact that she is totally ignoring me, this really isn't the time for standard lecture number 122 of the Dad manual. It's about 6:40 I tell her to eat her breakfast and I will look for her shoes. I begin my mad dash search. I look in the den, the office, the bathroom, in my tool box in the garage, at the bottom of the bag of cat food in the pantry, you know, the most obvious places then I start looking in crazy places, you know where they would NEVER be like in her room, in her closet, in the shoe rack hanging on the back of her door. Big surprise, they are in none of those places. I ask her if she might have left them in my van, I know it's the middle of winter, why would she have taken them off in my van? But it's worth asking. "No, Daaaaad, they're not in the van!" Before I continue I must explain that when your children spend half their time at your house and half their time at their mother's house often you end up with only one of an item at your house something like, I don't know... SHOES. So now it's 6:46. My younger child is sick in bed asleep. So if we miss the bus I will have to wake him up so that we can drive his shoeless sister to school on time. Missing the bus, really not an option. Although I have not discovered the missing shoes, fortunately in my mad dash of a search I have come across one bunny slipper (with an ear cut off and an eye hanging out), a swim fin, a flip-

flop and an empty Pringles can. Now the while the swim fin and the flip-flop might be a better match, the swim fin may cause problems getting up and down the bus steps so I'm leaning towards the bunny slipper and the Pringles can. She's not buying the Pringles can so in a last ditch effort I compromise on the bunny slipper and the flip-flop with extra socks. We hobble down the street and just catch the bus. As I walk back to the house I am thinking 2 things. One, where could her shoes possible be? And two, when should I continue with standard lecture number 122 of the Dad manual? I truly thought I would have to keep you hanging about the answer to both of those questions. Then, that afternoon I told bunny slipper/flip-flop girl that she had to find her shoes. When she didn't I decided the drive to the store to buy some new shoes would be the perfect time for standard lecture number 122 of the Dad Manual. My plans were changed slightly since our trip to the store was cut a little short when on the way; guess what we found in the van? Not to worry, while she changed out of the bunny slipper/flip-flop combo I drove around until I finished all 20 minutes of lecture number 122 of the Dad manual. Funny thing, as I am sitting in the den writing this what do I see sitting on the floor by the couch? You guessed it my daughter's shoes. **FPT**

What did the chocolate syrup say to the ice cream?

"I'm sweet on you!"

What did the paper clip say to the magnet?

"I find you very attractive."

Allergy Cures

Organic Apple Cider Vinegar When taken either as a daily tonic or at the first sign of an allergy (i.e., sinus headache, stuffy nose, watery eyes), one can completely stop the histamine response or allergic reaction.

There are a couple ways you can drink apple cider vinegar. One way is to put 1/8th cup ACV in 8 oz of water and sip it throughout the day. The other method is to gulp the mixture at once. Sometimes you just have to take this dosage once to stop the allergy and sometimes you need to take it up to three times a day. If taken at the onset of symptoms, allergies will usually disappear between 1 -3 hours after taking the first dose of Apple Cider Vinegar. If you've been experiencing allergies for a day or more, your symptoms will disappear after about 24 hours. If they don't, make sure you continue to take water/vinegar mixture for several days! ACV Tablets or Capsules don't seem to be effective whatsoever.

Spicy Tomato Tea Cures Severe Sinus Congestion

Recipe: Add 1 cup tomato juice, 1 tsp chopped fresh garlic, 1/2 tsp of hot sauce, 1 tsp lemon juice, and a pinch or two of celery salt for flavor. Heat ingredients and drink hot.

Honeycomb. This used to be a very popular allergy remedy in the old days, however these days it's hard to find local honeycomb in stores. Combed honey is a bit easier to locate, but it won't last you that long.

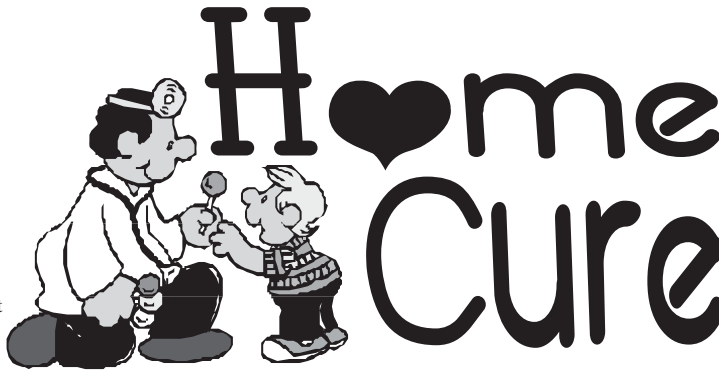
RAW HONEY that is made locally with local bees. It HAS to be from your local area

INSTRUCTIONS: When you EAT your local honey, you are ingesting the pollen of your area. Later, when you breathe it in, your body doesn't react (an allergic reaction) because it already knows what it is: the honey you already ate! Take at least a teaspoon every day; over cereal, in tea, in yogurt, on toast... whatever. No more allergies from pollen!

The common supplement, MSM, found at most any health food store or section will do wonders for many allergies. Take one teaspoon full (dose may vary,

so experiment), starting 2 weeks before the allergy season.

Horseradish eat 2 teaspoons. It is very, very strong (only do this if you think you can handle it!!)



Vitamin C 1000mg, Vitamin E 400IU per day. Both of these supplements support immune system functionality.

A whole live octopus. Boil some water and put an octopus into the boiling water. Then drink this water. You may drink a glass of this water each day at night. If you drink 2-3 glasses each day you'll have no problems.

Intant Tea (however strong you like it), 1 TBS. Vinegar, 1 TBS. Local Honey

Mix together with water and drink all at once.

Yoga reduces allergic reactions, improves your respiratory system's stamina, and drains mucus from your lungs.

A daily 1,200 mg. dose of the antioxidant quercetin can prevent immune system cells from releasing histamine and triggering allergy attacks.

Zinc spray If you're already suffering, consider the homeopathic zinc spray Zicam. Studies are showing it's highly effective against allergies.

WATCH WHAT YOU EAT. Eating certain foods can worsen or even trigger, allergic reactions with pollen-sensitive people. If you're allergic to grass

pollen, then the proteins in celery and potatoes can trigger the same allergic reaction. If ragweed causes symptoms, you could make them worse by eating bananas, cantaloupe or watermelon. Apples or pears can worsen symptoms for people allergic to tree pollens like birch, alder and hazelnut.

Fluids. Water loosens mucus in your lungs, making it easier to breathe. Coffee may help relax your bronchial passages.

Eucalyptus and thyme herb teas help relieve congestion.

Red Clover is a traditional remedy for asthma when taken in the form of a tea and as allergies and asthma may be associated, can be used as an allergy remedy.

Alalfa is thought to improve the runny nose, sneezing and itching present in allergic rhinitis, which is often called "hay fever."

Powdered licorice root has been used since ancient times as a cough remedy and is often present in modern cough syrups. It should be used with caution by anyone prone to high blood pressure, as excessive use of licorice will make hypertension worse.

Rose hips are one of the richest plant forms of vitamin C, an agent proven to enhance the human immune system and to ward off illness.

Astragalus exhibits anti-viral properties and the herb has long been used in Chinese medicine to prevent and to treat upper respiratory infections.

Irish Moss is red algae that grows on the rocky Atlantic coast of Europe and North America. It lessens the symptoms of cold and flu and when consumed in the winter is considered to prevent upper respiratory ailments of all kinds.

Stinging Nettles. The active compounds act as a expectorant, which makes it very popular for respiratory symptoms and sinus problems caused by allergies. It can be taken in a capsule form.

Lemon Balm enjoyed as a nice hot cup of tea. Lemon Balm is said to help relieve upset stomachs and digestive problems that can be cause by food allergies.

Gingko Biloba has a long history in Chinese medicine and is still very popular today.

Aloe Vera leaves contain a gel that can be soothing to the skin and reduces redness and itchiness. Aloe Vera cream can easily be found. **FPT**

NOTICE: "Home Cures" are meant as information *only* these are merely a record of ways someone may have dealt with common health issues. We make no guarantee that they work or that they are without side effects. *Never* attempt any of the ideas reported in this column without consulting your physician first. Send a "Home Cure" that works for your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

"In The Pink"

Meaning

In perfect condition, especially of health. If you are in very good health, you are in the pink.

Origin

Usage "In the pink" has changed since its first usage. Now its usually seen with the specific meaning of 'the pink of condition', as in the best possible health. One might assume an association between 'the pink of condition' and the healthily glowing pink cheeks of new-born babies or energetic sportsmen/sportswomen and the like.

The earliest citations of 'in the pink' are from the 16th century and, at that time, the meaning was 'the very pinnacle of something', but not necessarily limited to health. The earliest example seems to be from 1597 Shakespeare's Romeo & Juliet, 1597:

Mercurio: Why, I am the very pinke of curtesie.

Another early citation is from Leigh's Kensington Gardens, 1720:

"**T**is the Pink of the Mode, to marry at first Sight: - And some, indeed, marry without any Sight at all."



Say WHAT???

By: Family Pastime Staff

The 'pink of the mode', i.e. the acme of excellence of fashion, was a common early usage and continued to be used throughout the 19th century, as here from Thackeray, 1840:

"**I**n the very pink of the mode."

Dickens, in his Letters, 1845, demonstrates the difference from our current usage:

"**O**f all the picturesque

abominations in the World, commend me to Fondi (halfway between Rome and Naples.). It is the very pink of hideousness and squalid misery."

It isn't until the 20th century that we find the phrase in the 'pink of condition' form that is currently used, in the Kynoch Journal, 1905:

"**M**akers may despatch explosives from the factory in the pink of condition."

One theory is that the phrase comes from the English

foxhunting culture of the 18th century. At that time, Thomas pink was the favored fashion designer of the aristocracy and fashionable hunters were said to be "in the pink" that is, in Thomas Pink's (red) hunting jackets. Though Thomas Pink stores are still around, his name does not register in popular culture as it did a couple of centuries ago. However, the language around his fashions and other values of the time continue to pervade our speech.

Another explanation is that pink has been chosen to epitomize the pinnacle of quality because of the flower dianthus, a relative of the carnation. It was considered to be a perfect flower, so expressions like "in the pink" really mean you're as perfect as a dianthus, not that you're pink in color. One common color of this flower is light red, so the color pink was named after the flower.

What is interesting to speculate on is why the flowers were called Pinks. You may think that a silly question, as Dianthus are almost always pink but it may be that the flower is the reason for the color being called "pink" rather than the other way around. The flower is named after the serrated edges of its petals. The verb "pink" means to cut a serrated edge, or to cut a decorative serration. If you sew, then you might have pinking shears on hand that cut a zig-zag edge to keep fabrics from unraveling. So, the verb "pink" led to calling a flower a pink, which in turn named the color pink and also became synonymous with perfection. **FPT**

5 Tips for Fighting Vacation Inflation

By: Christopher Elliott

If you've already started planning your summer

vacation, you've probably noticed that your dollar won't take you as far as it used to.

Hotel rates are at record highs. The same goes for gas prices. Even some airfares to popular destinations seem to be taking off.

But vacation inflation doesn't have to spoil your next getaway. Here are five secrets that will save you hundreds of dollars - and hundreds of headaches - on your next vacation:

1. Steer clear of the crowds. This summer, as throngs of vacationers head to beach, why not plot course for the mountains?

Traditional winter resorts lower their prices dramatically during the



offseason. (This works the other way around during the winter, when beach resorts are on sale.) You could cut the price of your vacation in half.

2. Beat high gas prices by flying. With fuel prices near \$3 a gallon in some cities, taking a car on vacation can be costly.

If you're making a long-distance trip, consider flying. Do the math, and in some cases, you'll find that it's cheaper to take a plane. This option doesn't just save money, but also time.

3. Look for lodging alternatives. Whether you're staying with friends, pitching a tent or renting an apartment, chances are you'll save a bundle compared to the sky-high hotel bill you'll get at the end of your summer vacation. How much? Up to 40 percent or more.

4. Get picky about restaurant food. Don't eat every meal at a restaurant. Savvy travelers usually choose lunch as their meal out because the food prices are lower than on

the dinner menus. Then they buy groceries and prepare a meal in their room. That can save the average family more than \$100 a day in food bills.

5. Use a travel agent. A trusted travel professional is your best bet for finding a money-saving, inflation-fighting vacation.

Agents have great leads on terrific getaways that won't break the bank, like package tours, cruises and all-inclusive resort vacations. A good agent can cut hundreds, even thousands, of dollars from the cost of a family vacation.

With a little planning and research - and choosing when to save and when to splurge - you can avoid vacation inflation and have a terrific getaway. **FPT**

Courtesy of NewsUSA Christopher Elliott is the host of "What You Get For The Money: Vacations" on Fine Living TV Network.

What did the French chef give his wife for Valentine's Day?

A hug and a quiche!



This Valentine's Day, Give Your Pets A Whole Lotta Love, But Hold the Chocolate!

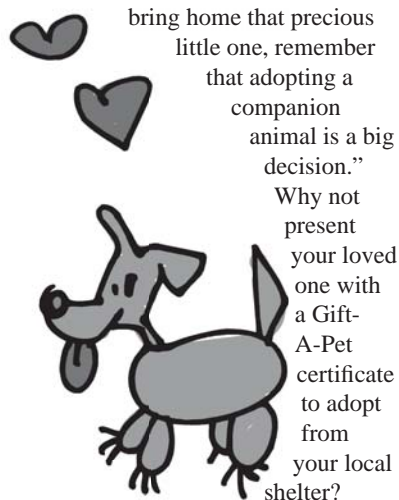
Love and danger bloom in unexpected places. This Valentine's Day, show the furry object of your affection how much you care by keeping your pet out of harm's way.

To help pet parents keep their loved ones happy and healthy this Valentine's Day, the ASPCA offers the following tips:

- ◆ **Reject the chocolate temptress.** "Chocolate (baker's, semi sweet, milk and dark) can be potentially poisonous to animals," says Dr. Stephen Hansen, board-certified veterinary toxicologist and Senior Vice President of the ASPCA's Animal Poison Control Center (APCC) in Urbana, Ill. Dr. Hansen advises pet parents to watch for symptoms of excessive ingestion of chocolate, including vomiting, diarrhea, seizures, hyperactivity and increased thirst, urination and heart rate.
- ◆ **Save your teeth and your sweetsies.** Gum and candy often contain large amounts of the sweetener xylitol, which can be toxic to pets, especially dogs. Ingestion can produce a fairly sudden drop in blood sugar, and results in depression, loss of coordination and seizures.
- ◆ **Tiptoe through the tulips.** Pets may be

interested in taste testing the beautiful floral arrangement on your coffee table. "Animals are very good at sniffing out things they shouldn't eat," says Dr. Hansen. "Pet parents might notice symptoms of stomach upset, such as vomiting or diarrhea, if their pet has ingested a particularly offensive plant or flower. Most notably, cat owners should be extremely careful if they have lilies in the house, as these lovely flowers can be deadly."

- ◆ **Give the choice of pet parenthood.** "It may be very tempting to give your loved one a cuddly new puppy or kitten for Valentine's Day," explains Gail Buchwald, Senior Vice President of the ASPCA's Adoption Center. "However, before you



bring home that precious little one, remember that adopting a companion animal is a big decision." Why not present your loved one with a Gift-A-Pet certificate to adopt from your local shelter?

If they do not offer one, make your own that says you will pay for the adoption (or any amount of it you wish) when your Valentine is ready. Selecting the right pet for your home, and saving a life, ensures a bond that will last a lifetime, a fitting way to remember the patron saint of love. **FPT**

Last month's HARD answer

4	5	2	3	9	6	1	8	7
9	1	6	5	7	8	2	3	4
8	7	3	4	1	2	9	6	5
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5	2	9	1	4	3	8	7	6
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3	9	1	7	2	5	6	4	8
2	6	5	8	3	4	7	9	1
7	4	8	9	6	1	3	5	2

SUDOKU Medium

Instructions on page 21

		8	2	1	5			
2			8	7	9			6
	7						9	
	1	2		9		7	4	
3				1				2
	8	5		2		9	6	
	3							2
1			4	6	5			9
		9	1		2	6		

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THERE'S NO PLACE LIKE HOMESCHOOL

Finding Great books For Our Children By: Lisa Baughn

Curling up in a cozy chair, with a great book, on a cold, blustery, wintry day is one of the greatest pleasures in life. While we remember those moments from our youth, leisurely sipping hot chocolate, lost for hours in a book, we wonder how to find them for our own children. We walk into the library or bookstore, and are assaulted with millions of titles, headlines blaring across books, dancing pages filled with pictures, and we feel like we have reached an alien land! It is all so different from when we were Children! We thumb through the stacks before us, and blindly go forward, hoping our children will like a few of the things we bring home.

"Eighty percent of all books have been published since 1980. Eighty percent of those would have been better off left as trees." Jerry Hansen

We want to find good books that will occupy our Children's minds for hours. Books that will make them soar to new heights, learn new things, be brave, daring, gallivant through the countryside, be heroes in a new land. We want to inspire a passion for great books, filling their hearts and minds with stories of noble deeds, brave exploits and exceptional lives. So how do we find these great books, living books, alive with meaning, in the myriad of choices out there today? How do we find books they will actually want to read?

Homeschooling mom, author and speaker, and a good friend of mine, Tina Farewell offers this description of books:

1. Informational books--Dictionaries, nature field guides, atlases, etc. Very necessary resources.
2. Living books--Those that feed the soul that

folks of all ages are willing to read again and again. These are like really nourishing food. Living Books are written by authors who are in love with the subject about which they are writing--and it shines through!

3. Twaddle-- These books will keep you alive, but they do not nourish the soul. They are like a starvation diet, and that's all. If you think about books in this sense, they are the ones that are written by committees, and though each person on the committee may love the subject, that feeling cannot shine through the book because of the committee; i.e. textbooks.

Here is one definition of a living book, from author Ruth Sawyer in the book Roller Skates:

"Stories that make for wonder. Stories that make for laughter. Stories that stir one within with an understanding of the true nature of courage, of love, of beauty. Stories that make one tingle with high adventure, with daring, with grim determination, with the capacity of seeing danger through to the end. Stories that bring our minds to kneel in reverence; Stories that show the tenderness of true mercy, the strength of loyalty, the unmaawkish respect for what is good"

Doesn't that make you want to run out and get a copy of Roller Skates right now and read it out loud in front of a blazing fire?

How do we find these rare treasures today? Pick up a guide to living books, which will serve as your passport into a whole new world of literature with your children. Consider "Books Children Love" by Elizabeth Wilson, "Honey for a Child's Heart," by Gladys Hunt and "Who Should We Then Read?" by Jan Bloom. All of these guides are phenomenal resources for choosing the best books for your Children. Go through them, highlight your old favorites, read the author and book descriptions. Think about your children's interests and passions, and highlight books you think they would enjoy. Some will be old favorites, and some are destined to be new favorites. Then take that highlighted guidebook full of new possibilities into the library, book sale or bookstore and begin to help your child choose books that will capture their mind and imagination, books that are worth reading again and again. Try a few and see how they do. Explore different authors, or allow your Children to read everything written by that author. Encourage your Children, reading *with* them and *to* them. Keep going back to your guidebook to explore the wonderful world of literature together.

We all want our Children to enjoy curling up with a book for pleasure and becoming passionate readers. We do that by giving them life changing, living books. Try it and let us know how you do! **FPT**

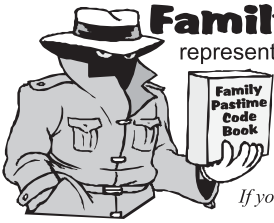
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Lisa and her husband Dave Baughn moved to Gray, TN, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 8 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling. You can e-mail them to homeschooling@familypastime.com. Lisa is launching a new website soon with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

Family Crypto-Time In the encrypted phrase below each letter represents another letter (such as Q actually is A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.

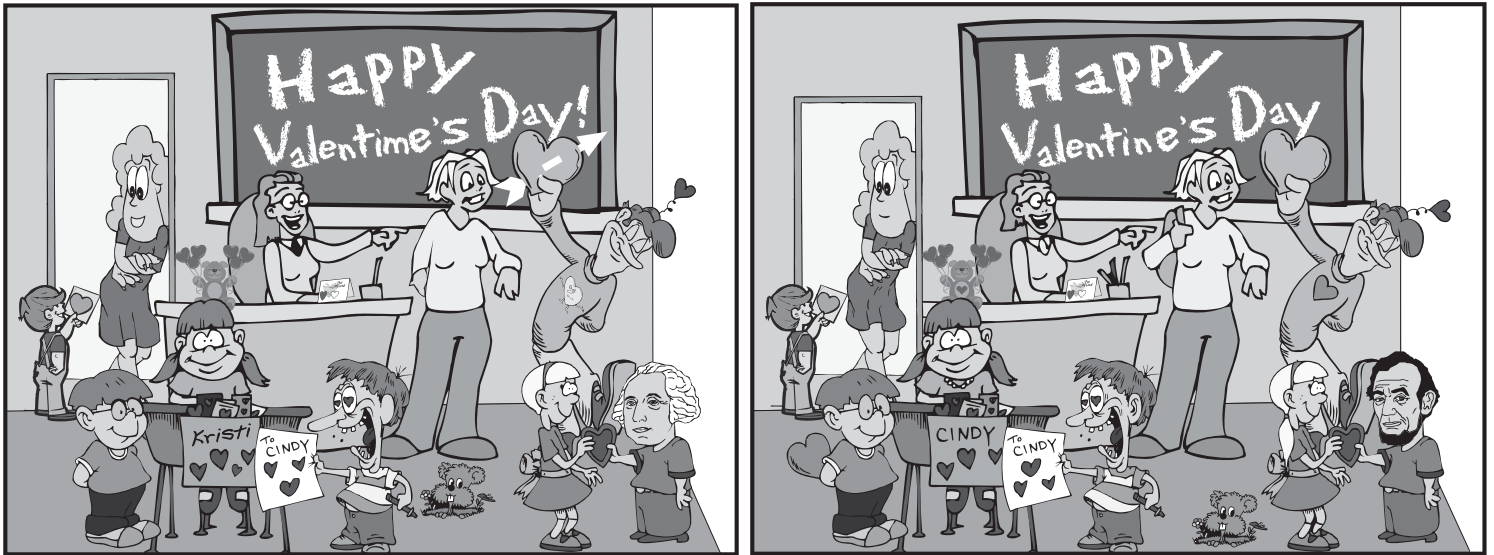
“ **KC DQCSKWU RXUKWS, OESSER DCTW** ”
TCUWE ZBW XU DASXUF -W.J. Vogel

If you need a clue look on page 18. Look for the answer next month or online if you just can't wait.



DOUBLE TAKE

Find at least 23 differences in the two pictures (answers are on the bottom...no peeking!!!)



President's head, Chalkboard, Writing on board, Dress, Cindy Desk Hearts, Groundhog, Boy's glasses, Heart behind back, Name on desk, Ponytail, Teacher hair, Sprngy heart, Shirt heart, Door height, Girl's socks, Shirt stripes, Smile in door, Teacher tie, Bear tummy, Arrow in Heart, Boy's nose, Girl's Necklace, Exclamation point

SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle or if you can't wait go to www.familypastime.com & click on the "answers" button.

SUDOKU EASY

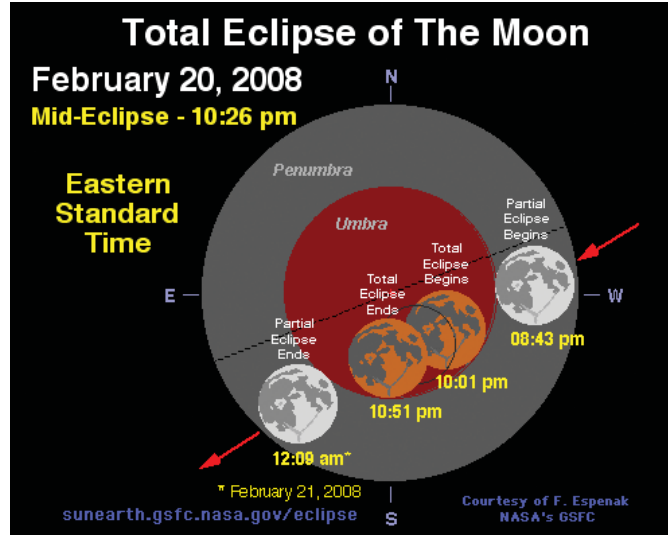
Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

4			1			2	
	9	2	4		6	7	1
	7		5		9		6
	4	8		5		3	7
3			9		4		1
	2	1		6		5	4
	3		8		1		2
	1	9	2		5	6	3
2			3				8

		B		C	E		8	1	F		3	4				
	2	C	4	5		0			E	8				6		
		6	E							2			3	9	C	
5			1		2	4	9	C					B	F	0	
D					C	7	B	2	9						A	3
	7	9				5	F				E	6				4
0	A			8				F		6	C	9			D	
C			5	9		D				3	A	0				1
4			2	B	A				8		5	3				9
	C		9	D	0		5				7				4	2
7			6	4				B	2						D	8
B	5					C	7	3	4	9						6
	9	5	7				C	4	3	D		2				0
E	3	A			4							D	6			
	0				D	A			7		2	C	9	B		
				D	7		1	0	A		F	9		4		

February 20 Total Eclipse Of The Moon

What is the difference between a lunar eclipse and a solar eclipse? A solar eclipse is an eclipse of the Sun. It happens when the Moon passes between the Earth and the Sun. This is only possible when the Moon is in the New Moon phase.



eclipse, the Moon's disk can take on a dramatically colorful appearance from bright orange to blood red to dark brown and (rarely) very dark gray.

An eclipse of the Moon can only take place at Full Moon, and only if the Moon passes through some portion of Earth's shadow. The shadow is actually composed of two cone-shaped parts, one nested inside the other. The outer shadow or penumbra is a zone where Earth blocks some (but not all) of the Sun's rays. In contrast, the inner shadow or umbra is a region where Earth blocks all direct sunlight from reaching the Moon.

If only part of the Moon passes through the umbra, a partial eclipse is seen. However, if the entire Moon passes through the umbral shadow, then a total eclipse of the Moon occurs.

Now you might be wondering "If the Moon orbits Earth every 29.5 days and lunar eclipses only occur at Full Moon, then why don't we have an eclipse once a month during Full Moon?". I'm glad you asked! You see, the Moon's orbit around Earth is actually tipped about 5 degrees to Earth's orbit around the Sun. This means that the Moon spends most of the time either above or below the plane of Earth's orbit. And the plane of Earth's orbit around the Sun is important because Earth's shadows lie exactly in the same plane. During Full Moon, our natural satellite usually passes above or below Earth's shadows and misses them entirely. No eclipse takes place. But two to four times each year, the Moon passes through some portion of the Earth's penumbral or umbral shadows and one of the above three types of eclipses occurs.

Observing Lunar Eclipses

Unlike solar eclipses, lunar eclipses are completely safe to watch. You don't need any kind of protective filters. It isn't even necessary to use a telescope. You can watch the lunar eclipse with nothing more than your own two eyes. If you have a pair of binoculars, they will help magnify the view and will make the red coloration brighter and easier to see. A standard pair of 7x35 or 7x50 binoculars work fine. Remember to dress warmly and enjoy the spectacle!

ECLIPSE TIMES:

For us in the eastern zone

Partial eclipse starts at 8:43 pm

Total Eclipse Begins 10:01 pm

Mid-Eclipse: 10:26 pm

Total Eclipse Ends 10:51 pm

Partial Eclipse Ends 12:09 am

"Eclipse Predictions by Fred Espenak, NASA's GSFC"

A total eclipse of the Moon occurs during the night of Wednesday, February 20/21, 2008. The entire event is visible from South America and most of North America as well as Western Europe, Africa, and western Asia. During a total lunar

SUDOKU REALLY HARD

Instructions on page 21

	8	9				4		
	1				5	2	7	
			7	4		3		
6		8						
			3	8	6			
						9		6
		3		7	1			
	4	7	6					1
		5				7	3	

What did one pickle say to the other?

"You mean a great dill to me."

Knock, Knock!
Who's there?
Olive.
Olive who?
Olive you!



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Under Construction contains: THE WORLD WE CREATE Traveling Exhibition based on a permanent exhibition developed by The Louisville Science Center in collaboration with Ralph Appelbaum Associates, Design Craftsmen, Inc., New England Technology Group, Inc., Donna Lawrence Productions and the Institute for Learning Innovation. Major funding was provided by the National Science Foundation.



Prěston,
You are the best
boy, EVER
I love you,
Mommy

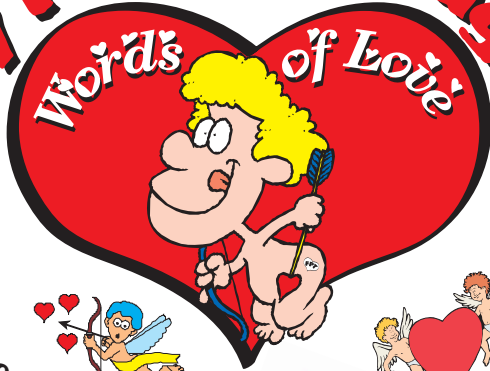


MOM, You are my best
friend! You are an
angel from God and
the BEST Mom and
Grandma anyone could
ever have! I LOVE YOU!
Priscilla



MIMI,
Thanks for
ALL
you do!
Love,
KK

Family Pastime Magazine
Words of Love



Lilbit222,
You are my
"Matchy" I am
SOOOO glad I
found you!
IALU,
CtnRIZEE



Mito,
I am so
proud of you.
Keep up the
GREAT work!
Love,
Daddy



Terence
I love you! You are the best
thing that has ever
happened to me and I am
glad you are the person
I get to spend y day
with! XOXOX,
Elishia



Stinkel,
there isn't
enough
fluff in
the gradz
for lisa-
luv,
poot



Biedny,
Stevee may have
your heart
but I've got
your back!
Love, CJ



BeBe,
I LOVE YOU
and can't do
without you!
PKD



Rhia,
Keep
reaching
for the stars!
I will ALWAYS
be there for you
Love, Daddy



JB, Math
class would
be classless
without
you,
Guess
who



Cherokee Elementary School invited families to wear their favorite team's colors and join students for a SuperBowl lunch



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Chris Joker

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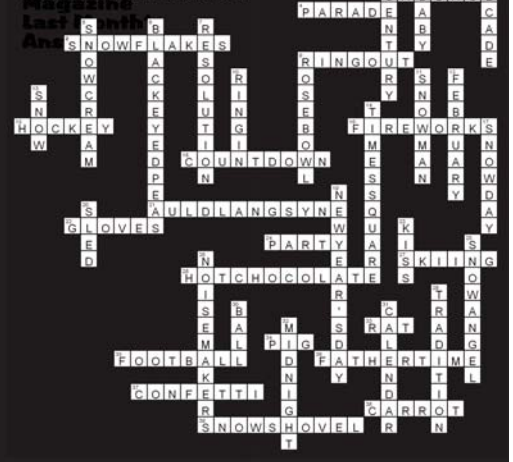
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Family Pastime Magazine
Last Month's Answer

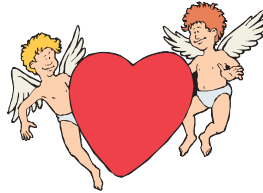


What did the elephant say to his girlfriend?

"I love you a ton!"

What did the bat say to his girlfriend?

"You're fun to hang around with."



Please support the Family Pastime Magazine advertisers

Instructions:

SUDO-KID-U 2

Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

	3		
			1
			4
4			

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What do you call a very small Valentine?
A
Valentiny!



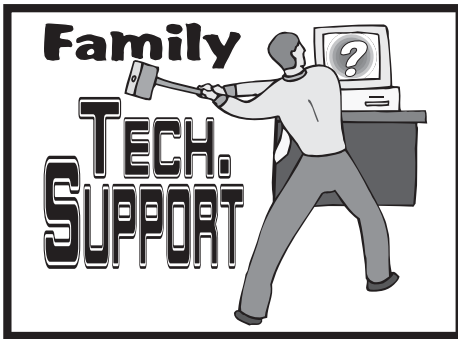
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Back It On UP

By: Chris Joker

The tech word of the day is **Backup, Backup, Backup.** So important I said it three times.

Your computer uses a hard drive to store all of your data. Just to be clear a hard drive is NOT memory (RAM). Think of Memory (RAM) as your brain's short term memory, you know facts you have to pull up all the time such as phone numbers, which key to use in the house door or the car, how you like your coffee, your children's names, things like that. Your computer uses RAM to "remember" what you are currently working on. How to run the program, the letters I am typing right now. If I turn my computer off before I save this article it will be gone. Now think of your hard drive as long-term memory or storage. Facts that I can access if I need to but are not top-of-mind. Like files in a filing cabinet. Let's say I have a file with my children's insurance information in it in my filing cabinet. IF I need it, I can search through the filing cabinet and find it (like files on your computer's hard drive). Now let's say the neighbor kid spills water on my filing cabinet (because MY angels would NEVER do anything like that!), there is a very good chance that my files will be ruined. I will now not be able to read my children's insurance information

and will have to spend time, effort and money to re-create that information. Now lets say I am a smart guy (we can pretend here) and I have an exact copy of all the files in my filing cabinet in a separate place (a "Back-up, if you will") so when the neighbor kid spills water on my main filing cabinet, I simply pull the information from my "Back-up" filing cabinet. THAT is what you need to do with your hard drive. There is a saying about hard drives "they have either failed or they will". Believe me sooner or later your hard drive; even without anyone spilling anything on it WILL fail. Many of us have financial information, family photos or videos, personal letters, etc. on our hard drives. It would be a shame to lose it. If your files aren't too big you can burn them to a CD or DVD. Or even better you can now purchase external hard drives that plug into your computer's USB port for fairly cheap. GET ONE. Many of them come with backup software (a program that will automatically copy all your files to another storage device). Some Operating systems come with backup applications (windows XP pro, for example) To find it just type backup in the help and support field and follow the instructions. If you do not have a backup application ask the salesperson where you buy the external hard drive for a suggestion. I'm sure they will offer something easy to use and fairly inexpensive. Step two would be to store your backup copy somewhere besides where your computer is like a safety deposit box or a family member's house. That way if something happens to your computer (fire, theft, etc) your

backup will be safe. If you are REALLY smart you will buy two external drives backup right away to one and store it off site then in a month backup to the second drive and witch it with the one offsite, do this every month or so and you will have piece of mind. It may be a little bit of an inconvenience but believe me it is much less of an inconvenience than having to recreate your files. Do you really THINK you can get Uncle Doc to wear that silly hat again so you can take another picture? **FPT**

Chris Joker is owner and CEO of RenderForge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

Congratulations to the Family Pastime Magazine winners of floor seat tickets for Sesame St. Live at Freedom Hall Civic Center: Kannika Chintaleka of Johnson City and Priscilla Bailey of Gray. Your turn to win is coming up!

Easy Answer From last month

7	3	2	4	8	9	5	1	6
8	5	9	6	1	2	7	4	3
4	6	1	5	3	7	8	9	2
9	1	3	8	7	4	2	6	5
2	7	6	1	9	5	4	3	8
5	4	8	2	6	3	1	7	9
6	2	5	3	4	1	9	8	7
3	9	4	7	5	8	6	2	1
1	8	7	9	2	6	3	5	4

ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**

By: Family Pastime Staff



Staying Warm Winter Experiments

2. Put the lid on one bowl.
3. Leave them for about 10-15 minutes.
4. Remove the lid.
5. Now you can either measure the temperature with the thermometer or feel the water with your hands. Which one is warmer?

Wearing a hat is like putting a lid on. It holds in heat. So, it's very important when you're going out in winter weather to wear a hat.

Don't believe it? Give this experiment a try.

SUPPLIES:

- 1 cookie sheet filled with damp earth, kept frozen
- 2 containers (the same size) for water
- Very hot water from your tap
- 1 sheet of Styrofoam about 1 inch thick, and large enough to cover 1/2 the cookie sheet

HOW TO:

1. Take the cookie sheet with the frozen earth and put the Styrofoam on half the sheet.
2. Fill both containers with hot water. Place one directly on the earth and the other on the Styrofoam sheet, which is sitting on top of the earth.
3. Wait about 15 minutes and then feel the water in each container. Which one is warmer? The one sitting on Styrofoam will be warmer. Since you're not likely to have a piece of Styrofoam with you in the woods, can you think of other things that you could use to insulate you from the cold ground? How about leaves, evergreen boughs or a log? All will work to keep you a little warmer.

Wear A Hat To Stay Warm

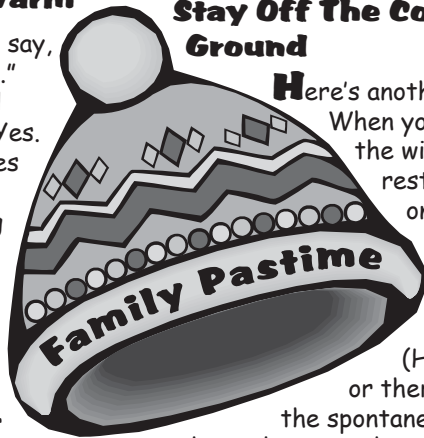
Have you ever heard an adult say, "Put on a hat. It's cold outside." Do you think wearing a hat will really help keep you warmer? Yes. A lot of your body heat escapes from your head (ANYWHERE FROM 20% TO 80%). Wearing a hat stops some of this heat loss. This experiment will show you why:

SUPPLIES:

- 2 small soup bowls (the same size), one with a lid
- 1 pitcher of hot tap water
- 1 thermometer (optional)

HOW TO:

1. Put equal amounts of very hot tap water in both bowls.



Stay Off The Cold, Cold Ground

Here's another stay warm tip. When you're outside in the winter and need to rest, don't sit directly on the cold ground. The cold ground will **conduct** the heat away from your body (Heat conduction or thermal conduction is the spontaneous transfer of thermal energy through matter, from a region of higher temperature to a region of lower temperature, and hence acts to even out temperature differences).

Now that you've got a few tips for staying warm, grab your hat, head outdoors and have some fun! **FPT**

Sadie Hawkins Day

FEBRUARY 29th is also known as Sadie Hawkins Day.

Rules of courtship were stricter in years past. Women who were hoping to marry their beaux had to wait for a proposal; they were not allowed to pop the question themselves... except on one day, every four years. You guessed it, on Feb 29!

Sadie Hawkins Day, developed out of the popular cartoon strip "Li' Abner" by Al Capp. In her article in the Baltimore Sun on Feb 29, 1992, writer Sandra Crockett writes- "a female character named 'Sadie Hawkins' who lived in the fictional town Dogpatch was having a tough time getting a man to propose to her. Her father, the mayor of said fictional town, declared one day, 'Sadie Hawkins' day. The unmarried women in Dogpatch ran -- literally -- after unmarried men to propose that day."

The tradition actually started with St. Patrick and St. Bridget (5th Century) in Ireland. St. Bridget complained to St. Patrick that the sisters in her nunnery were in despair because the prevailing tradition at the time -- that women had to wait for a proposal of marriage from a man. St. Patrick agreed to allow women to propose to men every four years, during Leap Year. Afterwards, Bridget proposed to Patrick only to be turned down!

So women, February 29th is your day to ask that special someone. Just keep your eye out for St. Patrick's **FPT**

Did you hear about the
nearsighted porcupine?

He fell in love with a pincushion!

Sudoku last month's Really Hard answer

8	1	6	7	4	3	2	9	5
7	4	5	2	1	9	3	8	6
9	3	2	6	8	5	4	1	7
3	6	7	5	9	1	8	4	2
5	2	4	8	3	6	9	7	1
1	9	8	4	2	7	5	6	3
6	8	1	9	5	2	7	3	4
2	7	9	3	6	4	1	5	8
4	5	3	1	7	8	6	2	9

Kid Friendly Recipes



CROCK POT BEANS

SUPPLIES:

- 3 C of washed dried pinto beans (OR use 2 and 1/4 C of pinto beans and a mixture of 3/4 C of other kinds of dried beans, lentils, and barley.)
- 8 C water
- 1/2 tsp soda
- 1/2 inch piece of ginger (optional).
- 2 slices of bacon
- 1/4 C catsup
- 1/4 C dry onion flakes
- 1 TBS chili powder
- 1/2 tsp garlic salt
- 1 tsp yellow mustard (or dijon)
- 1/3 C brown sugar
- 1/2 tsp garlic pepper
- 1 to 2 more C of water if needed

HOW TO:

1. The night before, (about 9 P.M.) put Beans, water, soda and ginger in Crock Pot cook on low all night.
2. The next morning add remaining ingredients
3. Continue cooking on low heat all day until time for your evening meal.
4. Serve with rice, picante' sauce and hot corn bread.

REFRIGERATOR ROLLS

SUPPLIES:

- 1 C hot water
- 1 tsp salt
- 2 TBS butter
- 1 package of dry yeast that has been dissolved in 1/4 C warm water
- 1 egg
- 4-5 C of Bread flour

HOW TO:

1. Mix water, salt and butter
2. Cool this mixture to lukewarm
3. Add yeast and egg and mix well
4. Add flour until you can handle the dough well.
5. Knead and put it in a large greased container and store it in the refrigerator.
6. Now you can take it out, as you need it to make rolls, pizza crust, cinnamon rolls etc.
7. After making the rolls, allow 4 hours for them to rise at room temperature before baking in a 425 degree preheated oven
8. Baking time about 8-10 minutes.
9. The dough will keep for about a week in the refrigerator.

Crock Pot Mu Shu Chicken Wraps

SUPPLIES:

- 1 onion, diced
- 1 1/2 to 2 pounds boneless, skinless chicken thighs
- Salt and pepper to taste
- 1 C hoisin sauce
- 2 TBS honey
- 1/4 TSP ground ginger
- 1 12-ounce bag broccoli coleslaw mix or other toppings
- Flour tortillas or flatbread

HOW TO:

1. Place the diced onion in the slow cooker. Season the chicken with salt and pepper, place it on top of the onions, and cook on low for 4 to 5 hours or until the meat pulls apart easily with a fork.
2. With a slotted spoon, transfer the chicken and onions to a medium bowl and shred the meat.
3. In a small bowl, mix together the hoisin sauce, honey, and ginger, then stir the mixture into the shredded chicken and onion.
4. Place a small handful of broccoli slaw on a warm tortilla, add several spoonfuls of the chicken mixture, and roll up. Makes 6 to 8 rolls.

Sneaky Broccoli Soup

SUPPLIES:

- 1 C water mixed with 1 C homemade or canned chicken stock
- 1 onion, sliced thin
- 1 10-ounce package frozen broccoli, or 2 1/2 C fresh broccoli, chopped
- 1 tsp salt
- 4 C milk
- 4 TBS instant mashed potato powder
- 3 TBS butter
- 1 pinch ground nutmeg

HOW TO:

1. Heat the stock mixture over medium heat
2. Add onion, broccoli, and salt
3. Cook about ten minutes or until tender.
4. Puree half the vegetables with half of the liquid in a blender or processor until smooth, then repeat with the other half (be sure to vent the steam, since processing hot ingredients can cause small explosions).
5. Heat the milk in a large saucepan until bubbles form on the edges.
6. Stir in the remaining ingredients and carefully simmer for three minutes.
7. Stir in the pureed broccoli and onion, taste for seasoning, and ladle into individual bowls.

HOMEMADE GRANOLA CEREAL

SUPPLIES:

- 7 C dry oatmeal (42 oz. box contains 14 C)
- 2 C Rice Krispies
- 1 C wheat germ
- 1 C flaked coconut
- 1 C sunflower seed, chopped
- 1/2 C sesame seed
- 1/2 C flax seed
- 1/2 C chopped pecans, walnuts, or peanuts
- 2 Tablespoons brewer's yeast
- 1/2 C water
- 1 and 1/2 Tablespoons vanilla
- 1/2 Tablespoon salt
- 1 C sugar
- 1/2 C corn oil.
- 1 tsp almond flavoring (optional)
- 2 tsp cinnamon (optional)

HOW TO:

1. Mix together as many or as few of the above DRY ingredients as you desire.
2. After you have mixed the dry ingredients together, mix the remaining wet ingredients together. Pour wet ingredients over and mix well with dry ingredients.
3. Spread in large cake pans
4. bake at 200 degrees for 2 hours or until dry.
5. Stir occasionally. Cool and serve with milk and fruit as a breakfast cereal.

Leftover Casserole

SUPPLIES:

- 1 pound chopped meat (whatever you have left over)
- 1 onion, chopped
- 1 green pepper, diced
- 1 can tomato soup
- 1/2 C milk
- 1/2 pound Velveeta cheese, diced
- 3/4 C raw elbow pasta, cooked

HOW TO:

1. In sauce pan heat meat
2. Add onions and peppers
3. Cook for 2 minutes
4. Add tomato soup and milk
5. Simmer 15 minutes. Stir occasionally.
6. Add cheese and pasta. Pour into a greased 13 x 9 baking dish.
7. Cook at 350 degrees for 30 minutes or until bubbly.

Liz: "I can't be your valentine for medical reasons."
 Jon: "Really?"
 Liz: "Yeah, you make me sick!"



GROUNDHOG

to 10 years in captivity. Common predators for the Groundhogs are wolves, coyotes, bobcats, bears, large hawks and owls. Groundhogs are mostly herbivores; they eat wild grasses, berries and

5 feet underground with 2 to 5 entrances providing their primary means of escape from predators. They are also accomplished swimmers and climbers. GROUND HOG DAY is a holiday celebrated in the United States and Canada on February 2nd. In WEATHER LORE, if a Groundhog emerges from its burrow on this day and fails to see its shadow because the weather is cloudy, winter will soon end. If the Groundhog sees his shadow, he will return into the burrow, and winter will continue for another 6 weeks. A movie was made in 1996 called "Groundhog Day". Punxsutawney, Pennsylvania is the home of the world famous weather prognosticating Groundhog Punxsutawney Phil. Locals claim his predictions are correct 100% of the time. **FPT**

The Groundhog also known as The Woodchuck, Land Beaver or Whistlepig, is a rodent (a rodent or Rodentia is an order of mammal, characterized by two continuously-growing incisors in the upper and lower jaws which must be kept short by gnawing), Groundhogs are lowland creatures found in North America and common in the northeastern and central United States. The Groundhog is usually 17 to 26 inches long and weighs 12 to 15 pounds. They live 6 to 8 years, but can live up



agricultural crops. They are excellent burrowers, using burrows for sleeping, raising young and hibernating. The average Groundhog has been estimated to move 700 pounds of dirt when digging a burrow. The burrow is usually 45 feet of tunnels buried up to

PARENTING

Car Seat Help

(NAPSI) According to Safe Kids Worldwide, studies have shown that four out of five car seats are used incorrectly. Parents need to educate themselves on all aspects of car seat safety to learn how to keep little ones safe and happy while on the road.

"Car seats are only effective if they are installed and used correctly," said Dr. Laura Jana, child passenger safety technician and pediatrician. "Fortunately, there are many new products and resources now available to parents that help make car seat safety as easy as possible."

When looking to purchase a car seat, Dr. Jana recommends keeping safety, comfort and convenience in mind. Choose the appropriate car seat for your child based on his age, height, weight and fit with your vehicle.



Here are some tips to help you decide among the wide range of car seats available:

- For your baby's safety and comfort, consider an infant car seat that has a five-point harness system and padding throughout the seat.
- Consider a convertible car seat with a 50-pound weight rating, designed to allow extended use of the seat's five-point harness system.
- Consider picking a car seat that includes "kid-friendly features," such as retractable cup and snack holders.

Keeping children safe in the car is unquestionably

one of a parent's most important daily responsibilities. Parents should remember to keep an eye out for the latest car seat innovations and improved features designed with ease of use in mind. The new InfiniteSlide Harness Adjustment-now available exclusively from Evenflo on the Triumph® Advance Convertible Car Seat-is an innovative, simple and safe feature that makes proper harness placement significantly easier as your child grows.

Car seat manufacturers' Web sites can serve as useful sources of information regarding proper use of their car seats, the latest in car seat innovations and a convenient place to help you choose the car seat best suited for your family's needs. On Evenflo's Web site, www.evenflo.com, parents can also access free educational tools, such as car seat installation videos. A step-by-step, how-to video is available for every Evenflo car seat.

There are many new products and resources now available to parents that help make car seat safety as easy as possible. **FPT**

Q What did the pencil say to the paper?
A "I dot my i's on you!"



Fun Family Events February



Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or

Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

- 1. Bubble Gum Day, Give Kids A Smile Day,
- 2. **Groundhog Day**, Hedgehog Day, Teach Your Daughter to Volunteer Day
Hands On Museum! Wood & Strings Puppet Theater* 10:00 am, 1 pm, and 7pm Cost is \$2.
- Sycamore Shoals** Finger Weaving with Embroidery Thread 10am – 12pm \$15.00 AND Valentine's Day Tea 10am – 2pm \$15.00
- JCPL** Family Storytimes 2 pm
- 3. **Super Bowl XLI**
- 4. Dump Your Significant Jerk Day,
JCPL Family Storytimes, 6:30
- 5. International Pancake Day,
Hands On Museum! Homeschool Program* Science of the Circus 10:00 FREE help show children how science is used in the circus.
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10:00 am, Preschool Pals* (age 3 - 5) 11:00, am, K-1 Story Stretchers* (K-1st) 4 pm, Mardi Gras @ the Library* Celebrate "N'Awlins-style" 6:30 pm
- 6. Ash Wednesday
Hands On Museum! Homeschool Program* 2:30-3:30 pm at ETSU Planetarium Ages 6-10
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
- 7. Chinese New Year's Day, Wave All Your Fingers At Your Neighbor's Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, K-1 Story Stretchers* (K-1st) 4 pm
- 8. Boy Scout Anniversary Day
KINGSPORT - Arts4Kids workshop VO Dobbins 4:15-5:45 p.m. ages 6-12 pre-register 423.392.8420 or www.kingsportARTS.org.
- 9. Corvette Day: 9-10
KINGSPORT, TN - Arts4Kids "What Lies Within: Children of Fiber" 1-2:30 p.m. at the Kingsport Renaissance Center. 2nd from 2:30-4 p.m. if more than 20 pre-register 423.392.8420 or www.kingsportARTS.org.
- Sycamore Shoals** Finger Weaving with Yarn 10am – 12pm \$15 AND Two Pie Basket 9am

- 4pm \$30.00. AND Watercolor Paint 10am – 1pm \$12 or \$20 w/ supplies.
- JCPL** Bilingual Storytime Spanish/English 2pm
- 10. Grammy Awards, World Marriage Day
- 11. National Shut-in Visitation Day, Satisfied Staying Single Day, Westminster Dog Show, White Shirt Day
Sycamore Shoals Sweater Knitting 9am-1pm \$25 per or \$80 for 4
- JCPL** Family Storytimes 6:30 pm
- 12. **Lincoln's Birthday**, Safety Pup Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10:00 am, Preschool Pals* (age 3 - 5) 11:00, Books & Beyond* (grades 2-5) 4 pm, CHOCOLATE FEST* 6:30 pm, Watauga Association of Genealogists 6:30 pm. Help with family research.
- 13. Black Love Day, Employee Legal Awareness Day, Get a Different Name Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10:00 am, Preschool Storytimes (age 3-5) 11:00 am
- 14. **Valentines Day**, Call In Single Day, Race Relations Day, Quirky Alone Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Books & Beyond* (grades 2-5) 4 pm, Friends of the Library 5:30.
- 15. Susan B. Anthony Day, Gum Drop Day
KINGSPORT - Arts4Kids workshop Lee Family Center 4:15-5:45 ages 6-12 pre-register 423.392.8420 or www.kingsportARTS.org.
- 16. **Hands On!** Under Construction Opens.
Sycamore Shoals Finger Weaving with Embroidery Thread 10am-12pm \$15 also Flat Foot Dancing 10am-11am \$5 also, Beginning Knitting noon-4pm \$25 and Juggling for Absolute Beginners 1-3pm \$25.00
JCPL Family Storytimes 2 pm
- 17. Daytona 500, My Way Day
Sycamore Shoals Hats in Round 1-4pm \$20.
- 18. **Presidents Day**
JCPL Family Storytimes, 6:30 pm Abraham Lincoln Visit with Bruce Shawver
- 19. Chocolate Mint Day
JCPL Mother Goose Time* (age 1) 9:30 am,

- Two's Time* (age 2) 10am, Preschool Pals* (age 3 - 5) 11am, K-1 Story Stretchers* (K-1st) 4 pm
- 20. Total Eclipse of the Moon
Hands On Museum! Homeschool Program* 1:00-2:30pm It's Electric! Boogie Woogie Woogie! Workshop on electricity Ages 8-14. \$5.
- JCPL** Mother Goose Time* (age 1) 9:30 am, 2's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11am
- 21. International Mother Language Day, Introduce A Girl to Engineering Day
JCPL Mother Goose Time* (age 1) 9:30 am, 2's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11am, K-1 Story Stretchers* (K-1) 4pm
- 22. **George Washington's Birthday**
- 23. Clam Chowder Day, Curling is Cool Day
Sycamore Shoals Finger Weaving with Yarn 10-12pm \$15 also; Cherokee Stone Pipe 10am-4pm \$45.00, Watercolor Paint 10am-1pm \$12 no supplies or \$20 with supplies
- 24. Academy Award
- 25. **JCPL** Family Storytimes, 6:30 pm Jonesborough Rep Theater Let's visit Narnia
- 26. For Pete's Sake Day, Spay Day USA
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10:00 am, Preschool Pals* (age 3 - 5) 11:00, Game Night* Test your old-school gaming skills! 6:30 pm
- 27. Inconvenience Yourself Day
JCPL Mother Goose Time* (age 1) 9:30 am, 2's Co. (age 2) 10am, Preschool Storytimes (age 3-5) 11am
- 28. National Tooth Fairy Day
Hands On Museum! Homeschool Program* 10:30-12:00 Electric! Boogie Woogie Woogie! workshop all about electricity Ages 8-14. \$5
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10:00 am, Preschool Storytimes (age 3-5) 11:00 am, Hands on Museum Fun @ the Library* (K- 5) 4:00 pm
- 29. Leap Year Day
Hands On Museum! Wood & Strings Puppet Theater 10 am, 1 pm, & 7pm \$2, reservations call (423) 434-HAND ext.100

*Please Register **JCPL**: 434-4458 **Hands On**: 434-HAND

Printed in the USA

Across

- 3. Group of flowers you might give your Valentine
- 5. Traditional valentine’s flower
- 6. An “appointment” with your sweetie.
- 8. Request you make of a potential Valentine.
- 10. According to Cornell University, about 700 pounds of wood is how much this guy would chuck if he could chuck.
- 14. Where a groundhog lives
- 15. Home of Phil.
- 17. Rumor has it the Teddy bear was named for this president.
- 20. “The Gipper”
- 22. A time when animals ‘sleep’ through cold weather.
- 23. A region of darkness where light is blocked
- 26. Father of our country.
- 27. Given to a friend or loved one on Valentine’s Day.
- 28. February 2nd.

Down

- 1. A lyric poem of fourteen lines
- 2. Valentine’s Day shape.
- 4. “Ike”
- 7. Cid shoots this.
- 9. The Goddess Of Love and Beauty.
- 11. Roman god of love
- 12. A groundhog is this type of mammal.
- 13. If the ground hog sees his shadow we get this much more bad weather.
- 16. A statement or claim that a particular event will occur in the future
- 18. Had a large dam named after him



- 19. His wife was known as Lady Bird
- 21. Smooch
- 24. Embrace
- 25. Sweets given to your sweet on Valentine’s Day.

Sudoku Medium answer from last month

1	2	5	7	6	9	4	3	8
3	7	4	5	1	8	6	9	2
6	8	9	2	4	3	1	5	7
5	4	6	9	8	2	3	7	1
2	9	3	1	7	6	5	8	4
7	1	8	4	3	5	2	6	9
8	6	2	3	9	4	7	1	5
9	5	1	6	2	7	8	4	3
4	3	7	8	5	1	9	2	6

Why did the cannibal break up with his girlfriend?
She didn't suit his taste!

www.mybusinesshasnowwebsite.com

SUDO-KID-U 1

SUDO-KID-U
Instructions: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

	4	2	
4			1



According to 17 year-old Aletheia Price keeper of the eatbug.com website,

→ "Some insects are edible. In fact, most insects are edible, but there are a few species that are especially palatable, nutritious, and easily obtainable.
 → Many species of insects are lower in fat, higher in protein, and have a better feed to meat ratio than beef, lamb, pork, or chicken.

→ Insects are tasty. Really! Even if you are too squeamish to have them as a main dish, you can make insect flour and add it to bread and other dishes for an added protein boost.

→ Insects are easy to raise. There is no manure forking. No hay bale lifting. No veterinary bills. You can raise them in an apartment without getting complaints.

→ Most people do not mind butchering insects. The butchery of insects is very simple compared with that of cattle or poultry, and nowhere near as gory.

→ Raising insects is environmentally friendly. They require minimal space per pound of protein produced, have a better feed to meat ratio than any other animal you can raise, and are very low on the food chain. They are healthy, tasty, and have been utilized for the entire history of mankind (after all, it is easier to



covered worms for Valentine's Day? There are some people who eat all kinds of insects with chocolate on them. I have heard of chocolate covered ants, crickets, grasshoppers and even chocolate covered roaches. But even I would have to draw the line at worms. I really do not know what kind of worms you might want to dip in your chocolate fondue pot. Maybe a nice earthworm would do

the trick or if you are really adventurous you might want a nice chocolate covered grub worm. The next time I go down to the bait shop I might even pick up an extra package of mealworms for the evening desert.

Check out the recipe on this page to help you make a delicious "insectious" treat for your valentine. Point your browser to www.eatbug.com for instructions on how to collect eatable bugs.

EAT BUGS LIKE CANDY

By: I.M. Yucky

catch a grub than a mammoth)".

Can you imagine Chocolate

Or buy some already covered in chocolate and ready to eat at www.groovycandies.com. **FPT**

Mealworm Chocolate Chip Cookies

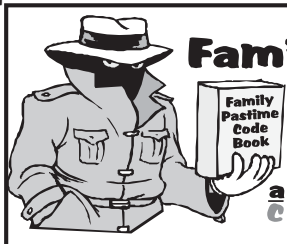
SUPPLIES

- 1/2 C butter
- 1/2 C brown sugar
- 1/2 C white sugar
- 1 egg
- 1/2 tsp vanilla
- 1 C all purpose flour
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/2 C oats
- 1/2 C chocolate chips
- 1/4 C mealworm flour

HOW TO:

1. Cream butter well
2. Mix in sugar, egg, vanilla flour, salt, baking soda, chocolate chips, oats, and mealworm flour.
3. Drop batter by the tspful on a greased cookie sheet.
4. Bake for 10 minutes at 375 degrees.

This recipe doesn't have much in the way of palpable insect content, but is an excellent way to introduce others (or yourself!) to entomophagy (the practice of eating insects as food). Even many rather squeamish people will try mealworm cookies, since the cookie format doesn't look "gross" to most people, and since it is rather difficult to actually taste the mealworms, though they enrich the cookie with a somewhat nutty flavor and extra protein.



Family Crypto-Time Last month's answer

"A New Year's resolution is
 C RUQ JUCA'X AUXEPGHER FX
 something that goes in one year
 XEBUHYFRI HYCH IEUX FR ERU JUCA
 and out the other."
 CRO EGH HYU EHYUA. ~Author Unknown

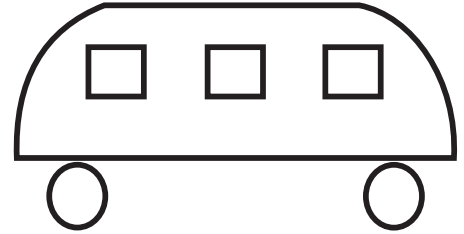
Valentine's Cup Cake Winner

Congratulations to Lishia Webb of Kingsport. Her date story wins a dozen Valentines decorated gourmet cupcakes delivered to her Valentine from Family Pastime Magazine and The Cup Cake Station (www.cupcakefilingstation.com) Here is Lishia's winning story:

O. K.... I want to start off by saying that if my fiancé ever reads this, he will kill me. About two years ago, right after I met him, we were going to go on a date to a hockey game in Knoxville. I am a huge fan of hockey and I always get really into the games. The date was going perfect

and I was having a great time and getting really into the game. He went to get a couple of drinks and nachos. He had to walk in front of me to get to his seat, right before he stepped in front of me, the Ice Bears scored. I jumped up in my seat and went to raise my hands up and hit him really hard in the chin. I hit him so hard, it stunned him and he lost his balance and fell into the next row. Luckily, he wasn't hurt but he was completely covered with nachos and drinks. He stood up and just smiled and said did I miss something. The worst part was we were only 30 minutes into the game, so he smelled like cheese the rest of the night. **FPT**

Pre-school children were asked the following question: **In which direction is the bus pictured below traveling?"**



Look carefully at the picture. Do you know the! answer? The only possible answers are "left" and "right." Think about it. Still don't know? Okay, I'll tell you. The pre-schoolers all answered "left." When asked, "Why do you think the bus is traveling in the left direction?" they answered: "Because you can't see the door."

A Mommy Moment

Four-year-old Mitch loved candy almost as much as his mom Ann did. He and Daddy had given her a beautiful heart-shaped box of chocolates for Valentine's Day. A few days later Mitch was eyeing it, wishing to have a piece of it. As he reached out to touch one of the big pieces, Ann said to him, "If you touch it, then you have to eat it. Do you understand?" "Oh, yes," he said, nodding his head. Suddenly his little hand patted the tops of all the pieces of candy. "Now I can eat them all."

Q. What did one light bulb say to the other?

A. "I love you a whole watt!"



HEALTH MATTERS

By: Patsy Meridith

Blood sugar is a key factor in many health conditions, including weight gain, which is linked to an increased risk of heart disease, diabetes and cancer. Research has shown that those of us who can't seem to lose weight often feel as if we're on a "blood sugar

roller-coaster" which leaves us tired, irritable and craving high-glycemic foods that typically magnify the problem. As a result of years of extensive research, a patented blend of water-soluble polysaccharides (fiber) found in PGX DAILY have been shown to promote healthy blood sugar levels by slowing digestion, restoring insulin sensitivity and reducing the glycemic index of foods by up to 50% when taken with meals. Changing life-long eating habits can seem impossible when you're overweight, but by controlling your blood sugar with PGX DAILY, you'll feel more in control of your appetite and more effectively manage your weight and overall health. As always, we guarantee your satisfaction.

NATURAL FOODS MARKET Johnson City Crossing Near Old Navy
423.610.1000 www.NFMonline.com
10-8 Monday - Saturday 1-5 Sunday

S
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S
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Answer
from last
month

1	B	6	4	7	D	5	3	0	C	8	A	E	F	2	9
3	D	2	7	E	F	C	9	4	5	B	1	A	0	6	8
9	F	0	5	8	6	A	4	E	2	3	D	7	B	1	C
E	C	A	8	0	1	2	B	7	9	F	6	4	5	D	3
5	2	1	6	9	4	0	A	C	E	D	7	8	3	F	B
C	E	F	D	6	B	8	7	3	4	2	5	9	1	0	A
4	8	9	0	D	3	E	F	6	1	A	B	2	7	C	5
7	3	B	A	5	2	1	C	9	8	0	F	6	4	E	D
2	A	4	3	1	9	6	E	B	D	7	0	5	C	8	F
6	0	5	9	F	C	B	D	8	3	E	2	1	A	4	7
8	1	D	C	2	0	7	5	F	A	4	9	3	6	B	E
B	7	E	F	4	A	3	8	5	6	1	C	0	D	9	2
0	9	3	2	A	5	D	6	1	B	C	E	F	8	7	4
A	5	8	E	B	7	F	2	D	0	6	4	C	9	3	1
F	6	C	B	3	E	4	1	A	7	9	8	D	2	5	0
D	4	7	1	C	8	9	0	2	F	5	3	B	E	A	6



How to Grow Young

As we grow older we look forward to the changes that life brings -- retirement, grandchildren, financial security and travel. Other changes we might not accept so readily are the aches and pains and mental slowdowns that leave us longing for the good old days of our youth.

We think we have to put up with degeneration when aging, but that is not true. Staying active is key for a healthy lifestyle, but what else can we do to benefit our bodies as we age?

The Human growth hormone (HGH) might be a key element in feeling your best as you age. When HGH was first discovered, its only purpose was thought to be to stimulate body growth to adult size. Recent studies have found that one of the main reasons the body ages is because of the decrease in HGH, which helps the body regenerate.

It is possible that aging symptoms -- rise in blood glucose, high blood pressure and even skin wrinkles -- can be treated by maintaining HGH levels in the body. Receptor sites exist in almost every cell in the human body for HGH, so regeneration and healing effects can be quite comprehensive.

Until now, HGH therapy was injectable, costly and messy, available only to celebrities and the very wealthy. In 1997 a group of doctors and scientists developed an all-natural source product which causes your own natural HGH to be released again. GHR,

manufactured by Global Health Products, is a capsule that works as a

natural releaser for HGH. It has no known side effects, unlike the synthetic version, and has no known drug interactions. Aging baby boomers and seniors can feel young again by realizing HGH potential.

Some think that HGH is so comprehensive in its healing and regenerative powers that it has the capability to displace many prescription and nonprescription drugs. HGH is known to help treat hemorrhoids, autoimmune diseases, macular degeneration, cataracts, fibromyalgia, angina, chronic fatigue, diabetic-neuropathy, hepatitis C, chronic constipation, high blood pressure, sciatica, kidney dialysis, and heart and stroke recovery.

As seniors and others deal with health-care coverage problems, it is important to look at what you can do for yourself to ensure your healthiness. HGH can be particularly helpful to the elderly who, given a choice, would rather stay happy, healthy and independent in their own home. HGH gives the possibility of real health, not just treating sickness.

For more information on HGH and the GHR capsule please visit www.BIEHealth.us or call (877) 849-4777.

FPT

Courtesy of ARAcment

Q: If your aunt ran off to get married, what would you call her?
A: Antelope.

Q: Why is lettuce the most loving vegetable?
A: Because it's all heart.
Q: What do squirrels give for Valentine's Day?
A: Forget-me-nuts.

SUDOKU HARD

Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

2				1	6	9
7				2		
	9		4	3		
9	1	8	7			
	8	6	1			
		9	5	3		8
		1	9		8	
	7					6
1	8	3				2

SUDO-KID-U answers from last month

3	1	4	2	01 ←	4	1	2	3
2	4	3	1		3	2	1	4
1	3	2	4	02 →	1	4	3	2
4	2	1	3		2	3	4	1

Back Pain & Sciatica

Tri-Cities, TN – Back, hip, and leg pains caused by degenerated, arthritic, bulging and herniated disc have confounded the medical community for years. Although medications, injections, physical therapy, traction and surgery can possibly give patients relief, it is usually temporary. Nine out of ten patients experienced the pain again within a relatively short amount of time after treatments. Now there is a back pain guide that you can receive for free entitled, "The Severe Back, Sciatica, And Disc Pain Guide" that helps to explain why conventional treatments often fail while revealing a relatively new surgery-free, non-invasive technology designed to treat severe low back, buttock and leg pain along with herniated and slipped discs.

To receive the guide free, call 1-888-851-5755 (Toll-free 24 Hour message) or go to: www.avoidlowbacksurgery.com.



THE magazine for the WHOLE family

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- 2) Click on the "Advertise" button
- 3) Click on "It's simple to order a business card ad online. Just click **HERE**"
- 4) Follow the directions
- 5) See your ad in next month's issue.

Family Pastime Magazine

is a great way to put your message in front of Families, Parents, Grandparents and Children.

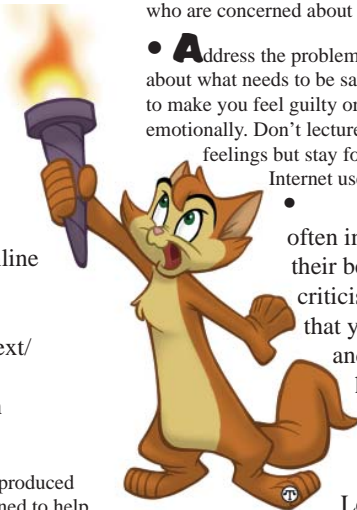
Too Much Time Online... Is Your Child Addicted To The Internet?

(NAPSI) For children and teenagers, the Internet can be an excellent resource for information, communication and entertainment, but many parents are increasingly concerned about excessive time online.

Researchers are finding that for some youths, Internet activity is replacing their real-life experiences and relationships. In extreme cases, Internet addicted youths can compromise their future and health with compulsive Internet use. Dr. Kimberly Young, Clinical Director of the Center for Internet Addiction Recovery, offers these warning signs for parents:

- Losing track of time while online
- Sacrificing sleep to spend time online
- Choosing time online over friends and family
- Constantly checking e-mail and text/IM messages throughout the day
- Becoming agitated or angry when online time is interrupted.

A new children's book and animated film, produced by the Internet Keep Safe Coalition, is designed to help parents talk to their children in a fun, non-threatening way about the risks involved in spending too much time online.



Set in the backdrop of next year's Olympics in Beijing, the book tells the story of the Web-surfing Faux Paw the Techno Cat, who learns the hard way what can happen when online gaming interferes with real-life goals.

Dr. Young also recommends several steps for parents who are concerned about their child's Internet use.

- **A**ddress the problem. Take some time to think about what needs to be said. Expect an outburst designed to make you feel guilty or inadequate. Avoid responding emotionally. Don't lecture. Acknowledge your child's feelings but stay focused on the topic of excessive Internet use.
 - Show you care. Children often interpret questions about their behavior as blame and criticism. Remind your child that you love him or her and that you care about his or her happiness and well-being.
 - Become more computer savvy. Learn the lingo (both technical and popular) and become comfortable with the

Internet; at least enough to know what your child is doing online.

- Set reasonable time limits. Work with your child to establish clear boundaries for the amount of time spent online. Allow perhaps an hour per night after homework, with a few extra weekend hours.
- Encourage other activities. Help children find alternative interests, whether it be something they used to enjoy or something new, such as joining a team or a club at school. Talk to them about what they most enjoy on the Internet so you can steer them toward healthy real-life equivalents.

If you believe your child may be addicted to the Internet, the Parent-Child Internet Addiction Test can help assess your child's dependence. It is available online at www.ikeepsafe.org/TEST.

In Faux Paw's new Internet adventure, kids learn to balance real life with screen time. **FPT**

Q: Why did the banana go out with the prune?
A: Because it couldn't get a date.

MESSAGE

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Operator. *Chris Joker* **URGENT**

Be My Valentine

A man walks into a post office one day and sees a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them. His curiosity gets the better of him; he goes up to the balding man and asks him what he is doing. The man says, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'" "But why?" Asks the man. "I'm a divorce lawyer," the man replies

Q: What is a ram's favorite song?
A: I only have eyes for ewe, Dear

Edward Jones

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