

## Not a Tourist Destination Part 1

By: Dawn Cadwallader, DC, ND

Twenty years ago, my high school Social Studies teacher did an extensive unit on Russia. He truly enjoyed teaching the history and culture. Since he had been there, he was very well versed on the subject. If someone had told me back then that I would be standing in Red Square one day, along with my husband, daughter, and recently adopted sons, I probably wouldn't have believed them.



Cadwalladers in Red Square

If they had even given me a clue of the ordeal we would experience to get there, I would have told them that they were crazy. I have come to realize that maybe I am the one who has lost her mind.

My husband, Rob, and I didn't plan to adopt. We had our daughter, Sophia, 9 years ago,

while we were still in Chiropactic College. We didn't decide that we wanted more kids until she was about four. Unfortunately, I was never able to have any more children. While going through fertility drug therapy, friends who had adopted internationally gave us the name of the agency that they had gone through. They told us that we would be sent pictures of children from all over the world. Maybe some day we would decide that this is what we wanted to do. I didn't accept that suggestion well. My pride made me feel like an inadequate wife due to the fact that I couldn't bear the other two children Rob always wanted. However, we applied with International Fam-

Please see "Russian Adoption" page 12

## A Date With My Daughter

By: Chris Joker

It was a beautiful Sunday afternoon I put on my

best suit, grabbed her corsage and went to pick up my date. I had a date with my daughter. It was the Girl Scout's Annual Sweetheart Dance, a Daddy/Daughter Dance. I was excited. I hoped she was too.

I picked her up around 4:30. After I wrangled her into having pictures taken with me, we went to Red Lob-

ster this is where she wanted to go. We sat and

she ordered. "Anything you want, honey". We had a wonderful meal complete with virgin strawberry daiquiri and dessert.



Daddies and Daughters

After dinner we headed to the Boys and Girls Club for the dance. It was decorated wonderfully and there was a professional photographer on hand to capture the moment. The dance was full

Please see "Sweetheart" on page 13

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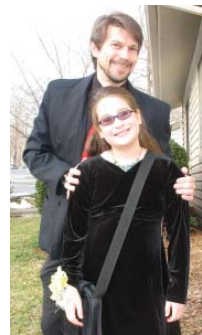
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### Sudoku, Word Search,

### Word Scramble and more!



Rhiannon and Daddy



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# ★ CONTEST WINNER ★

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Jill can use her prize as several family fun outings or she can get a baby sitter and use it as a Parent's Night out, double date, or mix and match.

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  - 4 movie passes
  - 4 espresso drinks
  - 4 desserts of your choice
- 2. Lunch for 4 including:**
  - 4 lunch entrée's of your choice
  - 4 Drinks
  - 4 bags of chips
- 3. An Ice Cream party for 4 including:**
  - 4 Calf-size ice cream cones

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- 4) Follow the directions
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Publishers and Editors  
Chris Joker and Floyd Bailey

Advertising Sales:  
Floyd Bailey 423.773.3064  
Chris Joker 423.676.4323

## How to contact us

E-mail: [editor@familypastime.com](mailto:editor@familypastime.com)

To submit items for consideration please e-mail to [editor@familypastime.com](mailto:editor@familypastime.com)

Or mail them to:

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# ABOUT SAINT PATRICK

**S**aint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.

**S**aint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works, the Confessio, a spiritual autobiography, and his Epistola, a denunciation of British mistreatment of Irish Christians. Saint Patrick described himself as a "most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God."

**S**aint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been - the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from

Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring Christianity to Ireland, it is Patrick who is said to have encountered the Druids at Tara and abolished their pagan rites. The story holds that he converted the warrior chiefs and princes, baptizing them and thousands of their subjects in the "Holy Wells" that still bear this name.

**T**here are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on March 17, 460 A.D. His jawbone was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the "evil eye." Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin city

**W**hy Saint Patrick's Day? Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, sham-

rocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

**S**o, why is it celebrated on March 17th? One theory is that that is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

**I**n American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. Some communities even go so far as to dye rivers or streams green! **FPT**

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## Spring Word Search

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

- Spring
- March
- Equinox
- Tulips
- Bloom
- Grow
- Garden
- Kites
- Plant
- Renew
- Flowers
- Daffodil
- Pots
- Mow
- Robin
- Bird
- Spring Fever
- Warmth
- Wind
- Picnic

## SUDOKU

### Instructions: EASY

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

	C	E				D	H	
G				I				A
A			C		H			G
		A		C		E		
	G		D	H	I		A	
		C		F		G		
B			I		C			F
C				G				D
	H	G				A	C	



## Confessions of a Cookie "Mommy"

**H**ow does one become cookie mommy? Let me first say it is not at all an easy process. On second thought, it is actually a really

easy process. In fact, I don't know how it happened. I do not remember volunteering. I got a message from my daughter's Girl Scout troop leader that there was a cookie meeting and I needed to be there. Well, one never questions the Girl Scout troop leader so I was there. It was at the Girl Scout main office in a secret hidden meeting room that only cookie mommies know about. I thought I would sneak in the back undetected. I was wrong. The chromosome detector at the door busted me. An alarm sounded repeating, "Y detected, Y detected, Y detected," I could not agree more, "Why detected?" Why? Why? Why? Why did I not leave my Y in my other pants? Too late now, I was detected. There were 101 X chromosomes and one Y in the room. Normally being the only male in a room full of females would be a good thing. In this case I could sense they were not comfortable with my presence. They had the home court advantage. After they made me draw the scarlet letter Y on my forehead, I took a seat in the back of the room. Some of the women looked at me with distrust, some with curiosity, some seemed to empathize with my situation but all gave me a look of pity. What had I gotten myself into? I kept my mouth shut. That is until the sample cookies came. Yes, one of the joys of being on the cookie team is that you get to sample the cookies. I sampled the new cookies before many of you were even aware there were new cookies. I showed several of the mothers my neat trick of throwing the cookies into the air and catching them in my mouth. Several of them began to accept me as one of their own. One of the mothers, I named her Flo, actually took me under her wing and shared some cookie secrets with me. The training was extensive and exhausting. Before this experience I thought "Big deal" you sell cookies. Let me tell you, Grasshopper,

It is a big deal. There is much more to the cookie drive than having mom and dad bring the order form to work. One must learn of



By Chris Joker

team building, accounting, ordering, safety measures, dress codes, and more. I left the meeting having been entrusted with the knowledge of the cookie.

**I** am cookie Mommy, hear me roar! When you are a daddy, being labeled cookie mommy always meets with snickers from everyone. Cookie Daddy sounds a little too much like Sugar Daddy and while the cookies do contain sugar I'm not sure the GSA powers-that-be would approve of a troop with a Sugar Daddy. The troop leaders tried to help out by referring to me as "cookie leader". I'm not liking it. Cookie Leader sounds more like I am the leader of the cookies. Like I am helping them to revolt, which they certainly might want to revolt because their names keep changing. "O.K. Peanut Butter Sandwiches (which used to be known as "Do-Si-Dos"), you set up base camp, "You there, Shortbread (formerly "Trefoils") you take point, Peanut Butter Patties (formerly "Tagalongs ") you take to the air, they won't be expecting that and Thanks-A-Lots (a new variety this year which just happens to be trans fat free) you bring up the rear. I'll stay here with a box of Carmel DeLites (which used to be known as "Somoas") and a glass of milk." Someone suggested "Cookie Parent"-- No-Thanks-A-Lot. It's too PC, too vanilla it commands no respect. I'm thinking more along the lines of "Cookie Czar". Now that's a title I can put on my resume'. I have learned during my reign as cookie Czar

that no matter what title I choose...I STILL get no respect. After our first cookie order I told the troops to continue selling cookies.

One of the girls told me, "My mom says we can't sell them anymore." Your mom, Your mom???? Is SHE cookie Czar??? I don't think so. Do you know what Czar means? A Czar is a person of great power. Taken from the word Caesar and everyone knows Caesar was a big cookie fan. In fact when he asked "Ate two Brute?" he was referring to two thin mints. I alone wield the power of the cookie and I say sell, sell, sell. O.K. I have gone mad with cookie power. I had the Lemon Pastry Cremes remove the girl from the brig and restored her to full junior status. I felt so bad I offered to buy twenty boxes from her. Too bad her "mom" told her she couldn't sell anymore! HA, HA, HA, HA! You DON'T mess with the Cookie Mommy!!!! **FPT**

## SUDOKU

Medium

### Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

			E	H				
	A			C			D	
E	C			A			H	F
H		C	B		A	D		G
		A		F		B		
G		B	I		C	E		A
D	G			B			E	C
		B		D			G	
			A	G				

## I.M. (Instant Messenger) Dictionary

	Acronym	Meaning
<b>A</b>	<b>AFAIK</b> <b>AFK</b> <b>ATM</b>	<b>As far as I know</b> <b>Away from computer keyboard</b> <b>At the moment</b>
<b>B</b>	<b>B</b> <b>BBS</b> <b>BC</b> <b>BCNU</b> <b>BFN</b> <b>BG</b> <b>BICBW</b> <b>BMG</b> <b>BRB</b> <b>BTA</b> <b>BTW</b>	<b>Back</b> <b>Be back soon</b> <b>Because</b> <b>Be Seein' You</b> <b>Bye for now</b> <b>Big grin</b> <b>But I could be wrong</b> <b>Be my guest</b> <b>Be right back</b> <b>But then again</b> <b>By the way</b>
<b>C</b>	<b>CFN</b> <b>CID</b> <b>CUL or CULSR</b>	<b>Ciao for now</b> <b>Consider it done</b> <b>See you later</b>
<b>D</b>	<b>DYOH</b> <b>DQMOT</b>	<b>Do your own homework</b> <b>Don't quote me on this</b>

	Acronym	Meaning
<b>E</b>	<b>EOM</b>	<b>End of message</b>
<b>F</b>	<b>FWIW</b> <b>FYI</b>	<b>For what it's worth</b> <b>For your information</b>
<b>G</b>	<b>GL</b> <b>GMTA</b> <b>GRA</b> <b>GW</b>	<b>Good luck</b> <b>Great minds think alike</b> <b>Go right ahead</b> <b>Good work</b>
<b>H</b>	<b>HT</b> <b>HTH</b>	<b>Hi there</b> <b>Hope this helps</b>
<b>I</b>	<b>IAC</b> <b>IAE</b> <b>IDK</b> <b>IIRC</b> <b>IMHO</b> <b>IMO</b> <b>IMPOV</b> <b>IMS</b> <b>IOW</b>	<b>In any case</b> <b>In any event</b> <b>I don't know</b> <b>If I recall correctly</b> <b>In my humble opinion</b> <b>In my opinion</b> <b>In my point of view</b> <b>I am sorry</b> <b>In other words</b>
<b>J</b>	<b>JIC</b> <b>JK</b> <b>JTLYK</b>	<b>Just in case</b> <b>Just kidding</b> <b>Just to let you know</b>
<b>K</b>	<b>K</b> <b>KIS</b>	<b>Okay</b> <b>Keep it simple</b>
<b>L</b>	<b>LSR</b> <b>LOL</b>	<b>Later</b> <b>Laughing out loud</b>
<b>N</b>	<b>NBD</b> <b>NP</b> <b>NRN</b>	<b>No big deal</b> <b>No problem</b> <b>No response necessary</b>

	Acronym	Meaning
<b>P</b>	<b>PLS</b> <b>PLZ</b> <b>POC</b> <b>POV</b>	<b>Please</b> <b>Please</b> <b>Point of contact</b> <b>Point of view</b>
<b>R</b>	<b>ROTFL</b> <b>RSN</b> <b>RUOK?</b>	<b>Rolling on the floor laughing</b> <b>Real soon now</b> <b>Are you okay?</b>
<b>S</b>	<b>SYS</b>	<b>See you soon</b>
<b>T</b>	<b>TAFN</b> <b>TBA</b> <b>TBH</b> <b>THX</b> <b>TIA</b> <b>TTFN</b> <b>TTYL</b>	<b>That's all for now</b> <b>To be announced</b> <b>To be honest</b> <b>Thanks</b> <b>Thanks in advance</b> <b>Ta ta for now</b> <b>Talk to you later</b>
<b>W</b>	<b>WB</b> <b>WFM</b> <b>WTG</b> <b>WU?</b>	<b>Welcome back</b> <b>Works for me</b> <b>Way to go</b> <b>What's up?</b>
<b>Y</b>	<b>YT?</b> <b>YW</b>	<b>You there?</b> <b>You are welcome</b>

## PARENTING

### Dads Should Date Their Daughters

By: F. Bailey

Every Dad thinks about the time when his daughter is going to come into the room and announce, "I have a date friday night". In fact, some Dads are polishing the ol' shotgun of intimidation just at the thought. You know, as the boy comes to the door Dad is sitting there with his 20-gage shotgun giving it the once in a lifetime cleaning. "Come on in son!" he says with as much male gruff as he can muster. "Sit down over there while "MY" daughter finishes getting ready." All this while the boy is having severe angina and sever heart palpitations. He just can't seem to keep his eyes off that gun. Oh, Dad has no real intention of hurting anybody, but neither does he intend to stand idly by and watch his daughter get hurt either.

Maybe this isn't the story at your house, or may-

be this kind of story just doesn't happen anymore but I tell you one thing, Dads should teach their daughters how to have a nice date long before the guy comes to the door. Then there should be no worries or shotguns. Here are some ideas

1. Teach them that the boy should talk to them with respect. If Dads will tell their daughters nice things and not be afraid to help their daughters have self-respect, then when they are out with a boy, she will require that he show her the same respect.
2. Help them to understand that going to the movies, bowling, skating, to a coffee shop, or nice restaurant is how a date should be conducted. If a boy wants to go hide out somewhere then he just simply does not need to be on a date with my daughter.
3. The number of dates is not really the issue, although it would be good for Dads to make it a regular event (at least twice a year.)

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4. Moms need dates too! But I am sure that Mom would love to know that her husband is out teaching their daughter how to respect herself and be respected.

If Dad would take the time to, first ask his daughter if she is available for a date, then make the evening a special time that she will remember, (and do this several times a year, starting at about age 10) by the time she is sixteen she will be beaming with self-confidence and will have a real know-how about the way a boy should treat her. With this kind of training we can hope for a generation of women prepared to face the world with confidence and self-respect. Dads, take your Daughters on a date! **FPT**



# Kid Klassifieds

**Kid Klassifieds are a way for children to advertise items for sale. The listings are free. We only have a few rules:**

1. Ads are for children 12 and under.
2. No item may be listed at over \$100.00.
3. Children must submit a completed, signed Kid Klassifieds form.
4. A signed form must be on file with **Family Pastime Magazine** BEFORE an item will be listed (be sure to include BOTH pages).
5. Parents may be contacted by **Family Pastime Magazine** to confirm the listing.
6. When an item sells children will contact **Family Pastime Magazine** (E-mail or phone) to let us know it has sold.
7. Items will be run for 2 months only.
8. **No** live creatures (puppies, fish, siblings, etc) may be listed.
9. Children must understand that if someone offers to buy the item listed at the listed price they must sell it.

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**B**OOK may be taken up at any time and used merely by opening it.

**B**OOK never crashes or requires rebooting, though, like other devices, it can become damaged if coffee is spilled on it and it becomes

unusable if dropped too many times on a hard surface. The "browse" feature allows you to move instantly to any sheet, and move forward or backward as you wish. Many come with an "index" feature, which pin-points the exact location of any selected information for instant retrieval.

**A**n optional "BOOKmark" accessory allows you to open BOOK to the exact place you left it in a previous session -- even if the BOOK has been closed. BOOKmarks fit universal design standards; thus, a single BOOKmark can be used in BOOKs by various manufacturers. Conversely, numerous BOOK markers can be used in a single BOOK if the user wants to store numerous views at once. The number is limited only by the number of pages in the BOOK. You can also make personal notes next to BOOK text entries with optional programming tools, Portable Erasable Nib Cryptic Intercommunication Language Styli (PENCILS).

**T**he media is ideal for long term archive use; several field trials have proven that the media will still be readable in several centuries, and because of its simple user interface it will be compatible with future reading devices.

**P**ortable, durable, and affordable, BOOK is being hailed as a precursor of a new entertainment wave. BOOK's appeal seems so certain that thousands of content creators have committed to the platform and investors are reportedly flocking to invest. Look for a flood of new titles soon. **FPT**

**When is an Irish Potato not an Irish Potato?**

**When it's a FRENCH fry!**

**What does it mean when you find a horseshoe?**

**Some poor horse is going barefoot!**

**Why did the elephant wear his green sneakers instead of his red ones?**

**The red ones were in the wash!**

**Why is a river rich?**

**Because it has two banks**

**What does a leprechaun call a happy man wearing green?**

**A Jolly Green Giant**

**Knock Knock----Who's there? Irish!**

**Irish Who?----Irish you a happy St. Patrick's Day!**

**Sudoku Really Hard answer from February**

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

# PARENTING

Most of us have read the children's book, "The Little Engine That Could." The affirmation, "I think I can, I think I can," plays in our minds at the strangest times in life. Yet, how many of us actually practice and teach our children the power of positive thinking?

It seems that when we are faced with new or undesirable obstacles in life, we tend to withdraw and set them aside. We put them off over and over again, hoping that they will somehow go away. The truth is that they never will.

What really keeps us from having the "I think I can." attitude? If we were to analyze it, we would probably come up with the same answer every time—FEAR.

We all have our own fears. Fear is usually driven by anxiety, embarrassment, and shame. One of the largest fears of people as a whole is the fear of speaking in front of a group of people. Little do most know that even the most dynamic speakers have anxiety and fear each and every time they get up on stage.

The reality is that we have all had experiences in life that have brought us anxiety, embarrassment, and shame. As adults, however, we have usually had more positive experiences than negative ones. Our fear diminishes each time we have a good experience. Our children do not have the practice that we do. Therefore, they tend to be immobilized by fear much more easily.

Embarrassment seems to be the biggest fear for children. They fear being picked last in gym class, of falling down and making a fool of themselves, of not knowing the answer when called upon, etc. The fear of embarrassment can cause an enormous amount of anxiety.

As parents, we can do so much to teach our children to deal with fear and learn not to let it keep us from having and doing the things we want in life. There are many tools we can use to ease anxiety. Here are three examples:

## The Power of "I Can"

By Dawn Cadwallader, DC, ND

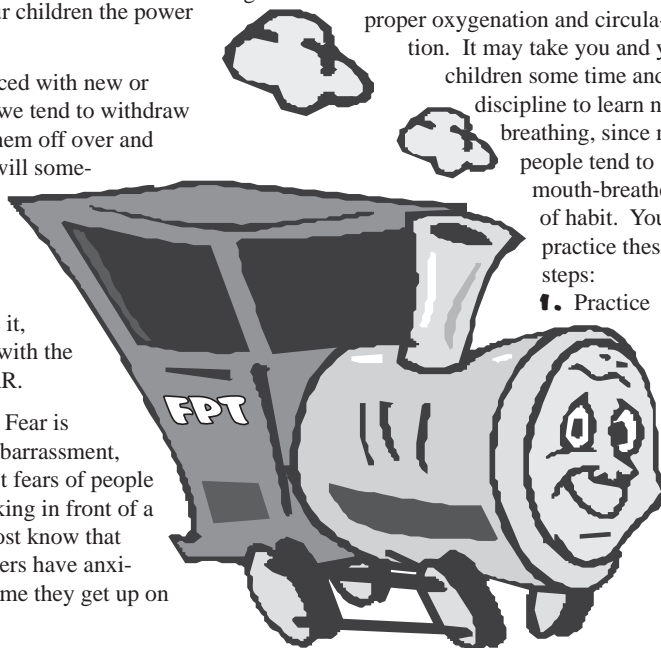
### Breathing

In the face of fear, we tend to open our mouths and gulp in breath. Hyperventilation occurs from this type of mouth breathing, since the oxygen exchange cannot be balanced. Our noses were designed to be the organ of choice for breathing. Our nostrils warm and swirl the air for

proper oxygenation and circulation. It may take you and your children some time and discipline to learn nose breathing, since most

people tend to mouth-breathe out of habit. You can practice these steps:

1. Practice



breathing in slowly and filling the lungs completely while your chest expands.

2. Hold your breath for a few seconds while the oxygenated air travels throughout your body.
3. Slowly breathe out through your nose, feeling your chest move in as your lungs empty.
4. Wait for a few seconds as you prepare to fill your lungs again.
5. Repeat several times until you feel more relaxed.

### Visualization

Scientists have proven that visualization can affect every cell in the body. Visualization has actually been shown to be able to change involuntary processes of the body, including heart rate and blood pressure. We can visualize ourselves overcoming the things that bring us fear. We can also practice this with our children. By facing our fears in our minds, they will be easier to face in reality.

### Affirmation

A negative mind-set inhibits courage, confidence, certainty, and concentration. So often, we fill our own heads with the pessimistic view of things that we don't want to tackle. If we approach them with a view of their positive qualities, they are much less threatening. We often think of our own faults, rather than our attributes. We can affirm our own qualities and strengths each day and teach our children to do the same. A great exercise for you and your kids is:

- 1) Compose your own personal affirmation—a statement about your own greatness.
- 2) Put it down on paper.
- 3) Read it every day before you start your activities.

I promise that if you do this you will have a whole new outlook as you begin each day and so will your children.

Besides giving our kids the tools to help them with anxiety and embarrassment, it is our responsibility to free them of shame. They worry in the thought that their parents might be ashamed of them because they are not good enough. Please don't ever let the horrible phrase, "Shame on you!" pass your lips. The words can trouble a child forever.

Most importantly, we must remember to face fear eye-to-eye. Fear is the killer of dreams. It can keep our children and us from having the things we want in life. As the famous inventor, Henry Ford said, "Whether you believe you can or believe you can't—you're probably right." Believe that you can and teach your children the same. **FPT**

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

**Sudoku  
Easy  
Answer  
From  
Feb.**

## The Key to Maintenance-Free Landscaping

Soon the barren landscape we've been looking at for months will once again give way to green grass, flowering bulbs, and budding trees and shrubs. The first day of spring (March 20, 2006) is almost upon us.

While most people look forward to the return of all the greenery, it's something a large portion of the population dreads. Why? Because it will also mean the return of weeds.

A weed is defined as any plant you don't want in your garden or landscape. Some common ones are dandelions, thistle and dollar weed. Once established, they are almost impossible to get rid of, which is why early in the season, you should take steps to eradicate them for good.

There are three effective means of achieving this goal. You can use herbicide, pull them by hand or put down landscape fabric. A lot of people shy away from the idea of using chemicals in their gardens, which leaves just two options.

If you dread the idea of spending hours on your hands and knees on a weekly basis pulling these

undesirable plants, make this the year you put down landscape fabric. "The great thing about landscape fabric is it's pretty much a permanent solution to your weed problems if you use the right product. It's installed on top of the soil and is permeable to air and water so your desirable plants still get everything they need to thrive," says Neal Caldwell of Dalen Products, Inc., makers of the Weed-X and Weed Shield brands of landscape fabric.

In addition to being an effective weed barrier that prevents the undesirable plants from setting down roots in the soil, landscape fabric also conserves moisture close to the roots, which in turn helps reduce stress on the plants' root system growing beneath it. Some landscape fabric brands are designed for erosion control, but also claim to control weeds. The fabric needs to be very porous for erosion control which is something you do NOT want in a weed control fabric (too many openings for weeds to penetrate), so it's important to use a material designed specifically for controlling weeds.

When installed on top of a new plot, all you

have to do is roll out the fabric, cut an 'x' and plant, then put down a 1-to-2-inch layer of mulch over the fabric. If you'll be installing it in an existing bed, you'll need to cut slits or holes to fit around the plants already in the ground.

Because of its permanent nature, landscape fabric is intended for use in beds that don't change from year to year (under shrubs, around trees, etc). It is also effective at stopping weeds under decks and patios; under walkways and paths; around swimming pools and hot tubs; and under sandboxes and backyard children's play sets.

For more information about the benefits of landscape fabric, and detailed instructions on how to install it, log on to [www.gardeneer.com](http://www.gardeneer.com). Weed-X and Weed Shield are made with the same patented dual-layer material which has been rated number one for stopping weeds by 8 university studies.

You can find Weed-X at Wal-Mart, and Weed Shield at Ace and True Value hardware stores and through distributors at garden centers nationwide.

**FPT**

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You are invited to join us as we search for Biblical answers the big questions of today.

March 1st	Abortion
March 8th	Islam
March 22nd	War
March 29th	The Poor
April 1st	Tattoos, Body Piercings, & Cosmetic Surgery
April 5th	Free Speech
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April 19th	Immigration
April 26th	Denominationalism

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# Yucky News

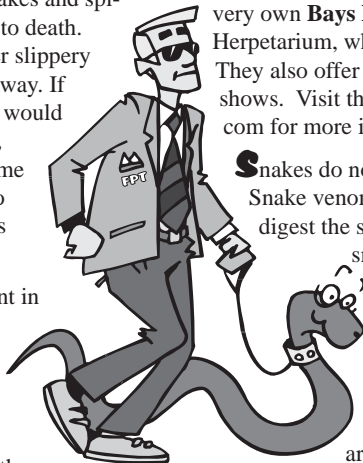
## Slimy, Slippery Snakes

By: F. Bailey

**S**limy, slippery, and scary are ways that people describe snakes. Between snakes and spiders, most people are scared to death. The fact is, snakes are neither slippery nor slimy they just look that way. If you could touch a snake you would feel that their skin is smooth, soft, and leathery. In fact, some snakeskins have been used to make useful things like shoes and belts.

**S**nakes help our environment in ways that most of us never think about. Could you imagine how many mice would be running around if we did not have snakes? Snakes help to keep most of the rodent population under control.

**M**ost everyone is afraid of snakes because they are afraid of being bitten. It is true that if you see a snake in your yard or in the woods, you should leave it alone and stay away from it. But there are places where trained Forestry Rang-



ers will teach you about snakes and even will let you touch one of the non-venomous varieties. Our very own **Bays Mountain Park** has a fantastic Herpetarium, which is a reptile and snake exhibit. They also offer fun and informative live snake shows. Visit their website at [www.baysmountain.com](http://www.baysmountain.com) for more information.

**S**nakes do not have venom to hurt people. Snake venom is designed to slow down or digest the snake's prey. Scientists say that snakes do not like to bite people.

They say that a snake only bites when it feels threatened or trapped and has no other option. If you leave snakes in the wild alone and are careful not to accidentally step on one, chances are you will never be bitten.

**T**he prize for "The World's Most Venomous Snake" goes to the Inland Taipan of Australia, but the Box Jellyfish is much more poisonous. Remember that just because something is poisonous doesn't mean that it is bad. We must be careful and respect these creatures and let them do what God put them on the earth to do. **FPT**

**What do you get when you cross a pillowcase with a stone?**  
**A sham rock**

**Why did St. Patrick drive all the snakes out of Ireland?**  
**He couldn't afford plane fare**

**Why do leprechauns hide behind 4-leafclovers and not 3-leafclovers?**  
**They need all the luck they can get!**

**What happens when a leprechaun falls into a river?**  
**He gets wet!**

## Game

### Pass The Blarney Stone

#### Supplies:

Grey "stone" pillow or bean bag for each team.

#### How To Play:

Divide children into two teams. Give each team a grey "stone" pillow or bean bag about the size of an orange.

On your mark, the first child puts the pillow between their chin and neck and passes it to the next player. Here's the catch, players may only use their heads to pass (no hands or teeth allowed). The process continues to the last person in line and then reverses sending the pillow back to the first player in line. The first team to complete the game wins. And may the luck of the Irish be with you!

Q. What season is it when you are on a trampoline? A. Spring-time!

Q. When do monkeys fall from the sky? A. During Ape-ril showers!

Q. Can February March? A. No, but April May!

#### Hard answer from February

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



## SMART IMPROVEMENTS

**M**ake the most of your home's value and you'll benefit now and in the future when it's time to sell. It's not hard to do. You just need to pay attention to the details and check regularly for easy improvements.

**S**mall problems, when not taken care of, can quickly become big problems. Remember the adage that a stitch in time saves nine? Make regular checkups of your home, paying attention to possible water damage or insect infestation. These will need immediate attention before they get out of hand. Wood that touches dirt is more prone to rotting, so clear the dirt away from your home and garage.

**L**ikewise, small improvements along the way will add value and enhance your home's appeal. Fresh paint and updates to fixtures and lighting are easy and inexpensive. Add closet

organizers and pay attention to outdoor living spaces. A deck doesn't have to break the bank and on the average recoups 87% of its value.

**I**f you are considering more expensive remodeling, put your money where it will get the best return - the kitchen and baths. Buyers always appreciate a home that doesn't need major work. An up-to-date kitchen will reward you now and add a lot to the bottom line at selling time. Just be careful not to over improve for the neighborhood.

**C**onsider energy efficient appliances and heating and cooling systems. Mechanical updates and keeping the roof repaired just make good sense. These are much more important improvements than that eye catching Italian marble bath or designer finishes. They may look nice but they are not going to get you the return you want.

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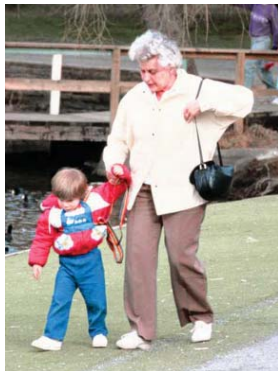
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## Celebrate Women's History Month By Talking With Grandma

By: Carla Beuning

**S**ince Congress passed a resolution in 1987, March has been celebrated as National Women's History month. Moments both small and large have played a part in creating rich stories to be celebrated this month. As you reflect on women's history, take a moment to think about the women in your life who have made a difference, and the small moments that count in the big picture.



**B**ruce Lansky, author of "When Grandma was a Girl" (Meadowbrook Press) suggests that you and your daughter can learn more about women's history by looking back to Grandma's younger days.

**T**alk about how she got in trouble, what her fondest memories are, what school was like, what pets she had, and what she did for entertainment."

**L**ansky offers a list of conversation topics to be-

gin the trip down memory lane:  
**When grandma was a girl....**

- **W**here did she live?
- **W**hat was her favorite thing about living there?
- **W**hat are her fondest memories of her family growing up?
- **W**hat lessons did she learn growing up?
- **H**ow many children were in her class at school?
- **W**here did she take family vacations?
- **W**hich holidays were her favorites?
- **H**ow much did a movie ticket cost? A candy bar?

**W**ith a little prompting, your Women's History Month celebration could spur conversations that last a lifetime. **FPT**

*FeatureSource*

- Q. What flowers grow on faces?  
A. Tulips (Two-lips)!

Q. Why is the letter A like a flower?  
A. A bee (B) comes after it!

Q. What's the best day for monkey business?  
A. The first of Ape-ri!

Q. Do you know all about April 1st?  
A. Yes, I'm fooly aware of it!

Q. Why is everyone so tired on April 1?  
A. Because they've just finished a long, 31 day March!

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# Russian Adoption

*continued from page 1*

ily Services and they began sending us photos. This went on for about 3 years. We set aside the thought of adoption and never really discussed it again. In November of 2004, I received a forwarded e-mail from Rob. The title he had written said, "LOOK." As I opened the e-mail I saw a picture of two little boys with eyes that bore into my soul. I immediately felt the same thing that Rob did when he had opened the e-mail sent to him. We knew that our sons had found us.

If I were to explain to you the process involved with adoption, your head would spin. The amount of paperwork and headache are unbelievable. The bottom line is that after going through the process, we have no privacy left in our lives. It seems as though each person involved has viewed every tidbit of personal information about us. We had to write our own biographies, fill out

extensive questionnaires about our marriage (including details about our courtship, sex life, etc.) and our views on discipline (including details on how we were disciplined as children), shared our personal taxes, health records, had our home inspected, had HIV and TB tests repeated every three months, etc.



*"We're not in Kansas anymore"*

It ended up being over 200 documents. Besides filling each piece of paper out, they each had to be notarized, certified by the county, apostilled by the state, and sent to Russia.

If you are thinking of adopting, be prepared for a horrendous amount of paperwork. You must really decide that it is something you are wanting to work for, because once you are in the process, there is no looking back.

Adoption of two gave us even more paperwork and cost than what it would have been for one. I was lucky. Rob filled out almost all of the paper-

work and did all of the footwork to get it done. This is a rarity, since it is usually the wife that goes through the trouble. I had always looked at people who adopted and thought that by some great act, the children were given a home. Little did I know the astonishing cost involved. Without going into detail, I will only share with you that we re-financed our home for this.

We actually went about the adoption backwards of how most people do it. Usually, once it is decided that adoption is desired, a couple does their U.S. paperwork and home study. They then start looking internationally for a child. As far as Russia goes, that is the only way it can be done now. It is now illegal to send pictures of the children for fear of exploitation. I believe that Russia is probably the most difficult to work with, due to their particulars in the paperwork. Also, they require prospective parents to make two trips to the country. The first trip (about 5 days) is to meet the child(ren), the second (any where from 2 weeks to a month) is to go to court and bring them home. Some other countries actually allow a Power of Attorney, where a third party travels to the country to obtain the child. The paperwork took about 7 months. Rob and I decided that one of us should go on the first trip (acceptable by Russia) so that the other could stay home with Sophie and take care of our practice. Rob left on July 31st and returned home on August 4th. He signed the paperwork agreeing to the adoption. The stories he told of the conditions of the region, the poor treatment from the Russians, the lack of anything to eat, etc., only heightened my stress of what would take place when all three of us would make the second trip. Unknown to me, he actually underrated the intensity of how bad it was really going to be.

From the point of Rob's return, we sat and waited for our coordinator to let us know when we

were going to travel to Russia. We knew that we wouldn't have much notice before we would just have to pick up and leave the country for an undetermined amount of time. As Christmas drew nearer, all I could do was hope that our travel would wait until after the Holidays. Finally, we received the call that we were to travel in less than two weeks. I went into a panic. Besides having to shop for entire wardrobes for two children of unknown sizes, we had to figure out how we



Vitaly, Rob, and Anton Cadwallader

were going to withstand the record-cold temperatures (-40 degrees C) of Far Eastern Russia. It took quite a bit of convincing of Sophie that she would be fine and that Rob and I wouldn't be taking her if it were dangerous for her to go along. All of our office work had to be completed for at least two weeks ahead of time. After all, bill companies don't care that you are across

the world and can't take care of business. As I shook from the uncontrollable feeling overwhelm, I came to the conclusion that it really didn't matter. For once my foot set on the plane to Russia, there was nothing I could do about it anyway.

The night before we left, Rob sat down next to me and asked me if I ever really thought about why we were doing this. I shared with him that I believed it was part of my "purpose" to save two children from alcoholism. He smiled, nodded, and said, "I think you're right."

The 11-hour plane ride to Moscow wasn't too bad. We landed in Moscow and were greeted by our translator/driver, Pashe. He took us to his warm home where we met his English-speaking wife and daughter. They were very kind and kept us occupied during our long layover. We then left for the other airport in Moscow to head to the Amur Region. Our final destination was actually another 8-hour flight from Moscow, to the Far

*Please see "Russian Adoption" on page 20*



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# Sweetheart

Continued from page 1



Allie and Daddy

of Daddies and daughters all smiling from ear to ear. We danced, ate, danced and danced some more. Before we wanted, it was time to leave. I took my date home. We managed to make it by her curfew.

Before the dance I had spoken with many friends about it and they helped me to understand, besides the inherent fun of the event, it was a great way to demonstrate how a date SHOULD go. I pity the boy who dates my daughter and does not treat

her with the respect she was shown that night.

**T**hank you Girl Scouts for a wonderful evening.

**T**he Sweetheart Dance began in February of 1994 and has been held every February since. Originally the Girl Scout Council put it on but after two years they were not going to hold it again.

That was before Gretchen Culp's husband asked when the dance would be. Gretchen told him there was no dance that year. Mr. Culp was not happy with this answer so Gretchen took up the cause and along with Kris Bowers they planned and held the dance anyway. With help through the years from Brenda G'Fellers, Pat and Lou Nelson, Judy Moddenas, Ray and Pat



Sweetheart dance 2006

Kidd and Buffy Subject, Gretchen has been instrumental in making the annual dance happen ever since. In addition to the fun had by all, the girls can earn leadership and community service hours toward silver and gold awards. The girls earn hours by baking cakes, shopping for the event, setting up, and cleaning up afterwards. Gretchen claims this was her

last year (we'll see), but she assures me (and all the other anxious daddies) that the event will continue headed by her assistant from this year Buffy Subject. **FPT**

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## SUDOKU

HARD

### Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

	G	E		A				
	B			H			G	E
		C			I	A		D
C		D	E		B			
	A						D	
			F		D	I		G
F		G	A			B		
E	C			B			H	
			C			G	E	

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# CHILDREN'S POETRY CORNER

## My Love

By: Emily Wandell

8th grade T.A. Dugger Middle School

**I** saw him  
**H**e sees me  
**H**is eyes were like a lions  
**A** dark brown with green sparks  
**A**nd I knew he was the king of his jungle  
**H**e had blond hair  
**C**overing those eye of his  
**H**e was Stubborn  
**A**nd always felt he was the boss  
**Y**es, his personality irritates me  
**B**ut, at the same time excites me  
**H**e lust looks at me  
**A**nd I know exactly what he is thinking  
**N**o Words needed  
**I** love him  
**I** must love him a lot  
**T**o take the time  
**T**o clean his hooves and stall  
**I**nstead of going to the mall **FPT**

## Rocking Chair

By: Emily Wandell

8th grade T.A. Dugger Middle School

**T**he rocking chair sung a melody i once knew  
**R**ickety rack rickety rack  
**B**ack to a time when i was little  
**B**eing held in the arms of my mamaw  
**I**n that rocking chair that sang that melody  
**R**ickety rack rickety rack  
**S**he started losing her hair  
**B**ut assured me everything was fine  
**I** took her word  
**A**fter all i only had a three year old's mind  
**I** sat on her lap and listened to that melody  
**R**ickety rack rickety rack  
**O**ne day she told me about heaven  
**A** place she would be visiting soon  
**A**ll i could ask is when she would be back  
**S**o we could catch crickets  
**W**hat i didn't know  
**H**eaven is a one way ticket  
**N**ow i sit alone listening to that oh so familiar melody  
**R**ickety rack rickety rack **FPT**

## SPRING

By: Unknown

**S**pring has sprung  
**T**he grass has riz  
**W**onder where  
**T**he birdies is?  
**FPT**

## Word Scramble

Unscramble these Springtime words:

1. **MWRTAH** \_\_\_\_\_
2. **NSIHENUS** \_\_\_\_\_
3. **KIET** \_\_\_\_\_
4. **YUEFTRLBT** \_\_\_\_\_
5. **YDWNJ** \_\_\_\_\_
6. **OBINR** \_\_\_\_\_
7. **DBRSI** \_\_\_\_\_
8. **DGERNNAIG** \_\_\_\_\_
9. **OUORTDSO** \_\_\_\_\_
10. **ICINCP** \_\_\_\_\_
11. **WREAOMNLW** \_\_\_\_\_
12. **FORLWSE** \_\_\_\_\_
13. **ASRSG** \_\_\_\_\_
14. **OSWSERH** \_\_\_\_\_

## SUDOKU

Instructions: **REALLY HARD**

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

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# Kid Friendly Recipes



In discussions with my parent friends it seems that getting children to eat somewhat healthy food is a universal struggle. To help alleviate this situation **Family Pastime** has searched the globe for recipes that make meal time a bit more palatable for our children. Try out these recipes and be sure to give us feedback on our web site [www.familypastime.com](http://www.familypastime.com) or if you have a recipe you would like to share you may submit it to: [recipes@familypastime.com](mailto:recipes@familypastime.com) or mail it to **Family Pastime** P.O. Box 3161 Johnson City, TN 37601. Bon Appétit!

## An Irish Feast for St. Patrick's Day

Feature Source

It's true that when one mentions the Irish, "good food" is not the first thing that comes to mind. But the land of leprechauns has not been given its due. "The Pick-A-Party Cookbook" (Meadowbrook Press) by Patty Sachs shows that Ireland has plenty of hearty fare to offer. The book's recipes will assure that your St. Patrick's Day's festivities include the kind of food that sticks to your ribs — even while dancing a jig. So raise a glass, and dig into these Irish delicacies.

### Devils on Horseback

**12 strips traditional Irish bacon**  
**24 prunes, soaked in water overnight and stoned,**  
**or 24 fresh dates**  
**Hot buttered toast (optional)**

**C**ut each bacon strip in half, width wise. Wrap a bacon slice around each prune or date. Secure with cocktail picks or skewers. Cook in a skillet over medium heat. Turn frequently until bacon is crisp. Drain on paper towels. Serve plain or on rounds of hot buttered toast.

### Bangers in Rum Sauce

**1 pound traditional bangers (sausages)**  
**1-1/2 to 2 ounces white or dark rum**  
**2-1/2 tablespoons dark brown sugar**  
**Cooking oil**

**I**n a skillet, cook sausages in oil until lightly browned. Place sausages on paper towels to drain oil. Slice each sausage into three equal parts. Put all slices into a shallow saucepan. Pour rum over cut sausages. Let sit for two hours. Stir after one hour to make sure sausages are covered with rum on all sides. Preheat oven to 325 degrees. Sprinkle sugar over rum and sausages. Cook in oven for 15 to 20 minutes or until bubbling. Serve sausage chunks with cocktail picks.

### Authentic Irish Stew

**2-1/2 pounds boned lamb**  
**4 large potatoes**  
**2 large onions**  
**3 to 4 medium carrots**  
**1/2 cup celery**  
**2 to 3 cups water**  
**1 sprig parsley, chopped**  
**Salt and pepper to taste**

**C**ut lamb into chunks. Clean potatoes, onions, carrots and celery. Cut vegetables into thick slices. Layer lamb and vegetables in a heavy pot, beginning and ending with a layer of potatoes. Other layers can be in any order. Cover with water. Sprinkle with parsley. Season with salt and pepper. Cover pot tightly and cook for one hour and 15 minutes, or until lamb is tender and water has thickened. Serve stew in bowls as an entrée or in small cups as an appetizer.

**P**atty Sachs' "Pick A Party Cookbook" contains hundreds of recipes for a wide variety of party themes including holidays and life-cycle events.

**FPT**

**What is out on the lawn all summer and is Irish?**  
**Paddy O'Furniture**

**What do you call a fake stone in Ireland?**  
**A sham rock**

### Soda Bannock

This is a fruit bread that does not require yeast, easy for kids to make

**Supplies:**

**8 ounces of flour (2 cups)**  
**1 level teaspoon of salt**  
**1 level teaspoon of cream of Tartar**  
**1 level teaspoon of baking soda**  
**Buttermilk (about 1/2 cup)**  
**1/2 ounce butter (3 tsp)**  
**1/8 cup sugar**  
**1/4 cup dried fruit (traditionally raisins)**

**HOW TO:**

**S**ieve the flour, salt, cream of Tartar and baking soda.

**R**ub in the butter with your fingertips.

**A**dd the sugar and raisins, mix well.

**M**ix in a small amount of buttermilk to form a wet dough. You should be able to pick up and handle the dough, but it should also be pretty damp and stretch easily.

**D**ust a countertop with flour and knead the dough a little.

**F**orm the dough into an oval shape a couple of inches high, roll it in flour and place it in a floured baking pan.

**F**latten it to about 1 - 1/2 inches height with the backs of your hands in the pan.

Bake for half an hour at 350 F.

Check that the center is cooked with a toothpick before you take it out. **FPT**

**Why do frogs like St. Patrick's Day?**  
**Because they're always wearing green**



# A National Crisis – Make The Call

Robert McGough

Last month, in the first of a series of articles on the national crisis of child abuse, we discussed the problem in general terms as it manifests itself in our nation and in our local area. In last month's article, we gave you the Child Abuse Hotline Phone Number (1-877-542-2873) which should be used to report child abuse. This month, we are going to tell you what happens when you make a call and give you some hints as to what information is necessary when you make a call in order to give the officials at the other end of the call the ability to take the fastest action possible to deal with the abuse situation.

The Hotline is manned by the Department of Children's Services of the State of Tennessee (DCS). The calls are received at the Nashville Offices for the Hotline Central Intake facility. They take the information necessary to process the concern. The staff at the Hotline screens the information received to determine if the situation requires an investigation. If the decision is to investigate the situation, the facts of the call are then referred to the local regional office of the Division of Child Protective Services (CPS) of DCS. The decisions of the priority given to the case are always governed by the safety of the child involved. CPS will respond in a very timely basis and carry out an investigation that evaluates the situation on a very detailed basis. If the investigation establishes that the child is at risk, and not considered safe,

the CPS investigator can remove the child from the unsafe environment. If that child is removed from the home, then there must be a hearing in a Juvenile Court within 72 hours. This insures that the parent has a venue to address the concerns on a timely basis.

The professionals at CPS need the help and support of the general public in order to do the quality job they do day-to-day. How then can we help? The answer is to provide them with as much information as we know when we make the call. What kind of information should we try to have to make the job of CPS as effective as possible? Here is a listing of the information that they would like to have when you make a call:

1. Demographic information on the child, including age, address and phone number
2. Name of the child's parents
3. Names of the brothers and sisters of the child
4. Details of the abuse or neglect – any physical evidence – injuries, behaviors, or environmental conditions
5. Name of the person who may have abused or neglected the child
6. Does the person have access to the child currently?

rently?

7. Where is the child now?
8. How did you come to know about the abuse/neglect?
9. Is there any danger for the CPS investigator?
10. Who else knows the circumstances?

If you have as much of the above information as possible when you make the Hotline call, the very best response possible in the shortest period of time will result. Always remember, that all calls are always kept confidential.

We hope that this article has given you the knowledge to use the Child Abuse Hotline with confidence and also given you the information to make the call effective and efficient for all concerned. If the process works well, children will be helped and you will be doing your part in helping to deal with this national crisis.

We never stand so tall as when we stoop to help a child. **FPT**

*Robert McGough is President of the Board CASA of Northeast Tennessee*

### Sudoku Medium answer from February

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

## Help Wanted

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Catch up on all the local happenings. Read

**Family Pastime Magazine** back issues online. [www.familypastime.com](http://www.familypastime.com)

### February Answers

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**ALWAYS WEAR SAFETY GOGGLES • ALWAYS HAVE ADULT SUPERVISION!**

By: Family Pastime Staff

**SUPPLIES**

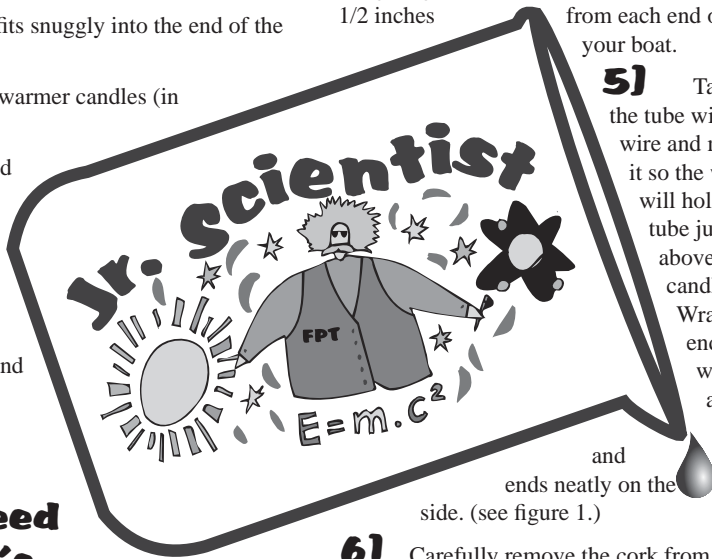
**Steam Powered "Rocket Boat"**

1. Metal tube (a cigar tube works great -- ask an adult to get you one)
2. Two pieces of strong, stiff wire (like clothes hanger wire) about 18-inches long
3. Cork that fits snugly into the end of the tube
4. Two food warmer candles (in metal cups)
5. Balsa wood (4 inch by 8 inch, 1/2-inch thick)
6. Masking tape or hot glue gun.
7. Hammer and three nails
8. Pliers
9. Matches

inch in from each end. The nails will help to stabilize your rocket boat.

- 4) Using loops of masking tape or the hot glue gun, mount the two candles about 1-1/2 inches from each end of your boat.

- 5) Take the tube with the wire and mount it so the wire will hold the tube just above the candles. Wrap the ends of the wire around and under the boat and twist the ends neatly on the under-

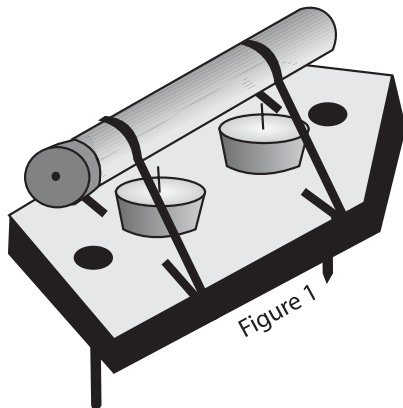


**You'll need an adult's help with the matches and the hammer and nails!**

**How you do it:**

- 1) Put the cork into the end of the metal tube making sure its very tight. Carefully poke a small hole through the cork with a nail.
- 2) Take the two 18-inch lengths of wire. Wrap the wire around metal tube about one-inch from each end of the tube, and twist the wire tightly with the pliers so the tube is firmly held by the wire and won't slide.

- 3) Cut a boat shape out of the balsa wood, making a triangle bow at one end (see figure 1). Hammer two large nails in each end about one

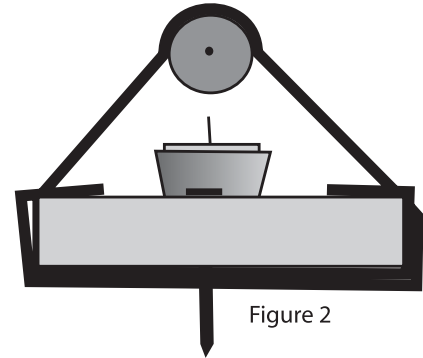


- 6) Carefully remove the cork from the tube and fill the tube about three-quarters full with very hot water. Tightly replace the cork. Make sure water will drip out the hole in the tube.
- 7) Fill up a bath tub or a large sink with water. Or use a pool.

- 8) Put your boat in the water and ask an adult to carefully light the candles. The heat of the candle will cause the water in the tube to boil. The water will change to steam and the steam will escape out the hole in the cork pushing the boat forward in the water.

**What Happened?**

There are two different things to learn here.



- 1) A rocket works the same way. Hot gases and fire come out of the motor of a rocket. The gases coming out the nozzle at the bottom of the rocket

come out in one direction. These escaping gases push the rocket in the opposite direction.

- 2) Energy from the candles changes the water into a gas (water vapor or steam). The steam can escape. Steam is used in a lot of energy power plants. **FPT**

**Dink Mix Play Dough**

- 1 cup flour
- 1 cup water
- 1/2 cup salt
- 3 teaspoons Cream of Tartar
- 1 package powdered drink mix (any flavor of unsweetened)
- 1 tablespoon cooking oil

**Mix dry ingredients together in a large saucepan. Slowly add water mixed with oil and stir over medium heat until mixture thickens into dough. Scoop dough onto a heatproof bread board or counter top and knead until cool enough for children to handle. Dough will be the color of the drink mix and will smell like the mix. Your "drink mix dough" may be stored in a tightly covered container for up to six months. FPT**



# Fun Family Events February

Send information on your upcoming events to: events@familypastime.com or **Family Pastime** EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

<b>American Red Cross Month</b> <b>Irish-American Heritage Month</b>	<b>Mental Retardation Awareness Month</b> <b>Music In Our Schools Month</b>	<b>Craft Month</b> <b>Frozen Food Month</b>	<b>Kidney Month</b> <b>Women's History Month</b>	<b>Optimism Month</b> <b>Youth Art Month</b>
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**March 1** Pig Day, Peanut Butter Lover's Day

**March 2** NEA's Read Across America Day

**March 3** I Want You To Be Happy Day, National Salesperson's Day, If Pets Had Thumbs Day, World Day of Prayer

**March 4**

Courageous Follower Day, Hug a GI Day, International Scrapbooking Industry Day, Old Inauguration Day

**Tipton Haynes:** Maple Syrup Making

**Hands on Museum:**

Art Studio Craft Schedule Joseph Cornell boxes.

Windy Weather Learn about Weather in our new Eastman Discovery Lab!

**March 5** Healing From the Inside Out Day, Namesake Day

**Hands on Museum:**

Art Studio Craft Schedule Joseph Cornell boxes.

**Hands on Museum:**

Art Studio Craft Schedule Joseph Cornell boxes.

Windy Weather Learn about Weather in our new Eastman Discovery Lab!

**March 6** Fun Facts About Names Day, Dentist's Day Johnson City School Board Meeting, 6PM Columbus Powell, 100 East Maple Street.

**March 7** Be Heard Day, Peace Corps Day,

March 7, 2006-Rising SHHS 10th to 12th Grade Meeting, 7PM. Science Hill High School. Parents are invited to attend an informational meeting regarding the upcoming school year. 2006-2007 slate of PTSA Officers will be introduced.

**Lake Ridge** PTA General Meeting

**Science Hill High School** 10/12 Choir Concert, 7PM in the 10/12 Auditorium.

**March 8** International Working Women's Day, Learn What Your Name Means Day

**March 9** Nametag Day, Panic Day

March 9-10, 2006 - East Tennessee Environmental Conference, **Meadowview**, Kingsport. Contact Jan Compton, 423-854-5417 or visit <http://www.tnenvironment.com>.

**Science Hill High School** 9 Wk Exams for 3rd & 4th pds.

**March 10** Middle Name Pride Day

**Science Hill High School** 9 Week Exams for 1st & 2nd pd March 9-10, 2006 - East Tennessee Environmental Conference, **Meadowview**, Kingsport. Contact Jan Compton, 423-854-5417 or visit <http://www.tnenvironment.com>.

**March 11**

Dream 2006 Day, Genealogy Day, Johnny Appleseed Day, Worship of Tools Day

**Sycamore Shoals**

2:00pm Woodworking demonstration: Tools and techniques used in 18th century carpentry!

**Hands on Museum**

Art Studio Craft Schedule Make a sketch book.

St. Patrick's Day Celebration! Learn about potato experiments in our Eastman Discovery Lab. Start a sweet potato and take it home with you. Find out how to make a stamp with a potato in the Art Studio. All this and more during this holiday celebration!

**Washington County Gray Library** 10:30 a.m.-12:00 p.m. Monthly poetry club called 'Adventures in Poetry.' Gray Library at 423-477-1550.

**March 12** Girl Scouts Birthday - Girl Scouts of the U.S.A. Founded 1912,

**Sycamore Shoals** 2:00pm Flintlock demonstration at the Fort: See the operation and firing of a real flintlock rifle!

**Hands on Museum**

Art Studio Craft Schedule Make a sketch book.

St. Patrick's Day Celebration! Learn about potato experiments in our Eastman Discovery Lab. Start a sweet potato and take it home with you. Find out how to make a potato stamp. All this and more during this holiday celebration! Girl Scout Day Celebrate the birth of the founder of the Girl Scouts! All Girl Scouts receive free admission if they wear their badge, sash, or vest on this day. Offer limited to current Girl Scouts only.

**March 13** Good Samaritan & Open Umbrella Indoors day **Johnson City Schools Spring Break** 3/13-3/17

**March 14**

National Children's Craft Day, Organize Your Home Office Day, National Potato Chip Day, National Pi Day- Why today? Because today is 3.14, the value of Pi.

**March 15**

Brutus Day, Ides of March, True Confessions Day

**March 16**

Lips Appreciation Day, St. Urho's Day, Doctor-Patient Trust Day, Absolutely Incredible Kid Day

**March 17**

**SAINT PATRICK'S DAY**

**March 18**

Awkward Moments Day, Forgive Mom and Dad Day, National Biodiesel Day, National Quilting Day, Great American Meat Out Day

**Sycamore Shoals** 2:00pm St. Patrick's Celebration: During the Revolutionary War, many Irish soldiers deserted the British Army and joined the Colonial cause, prompting General Washington to declare that his army should keep and observe St. Patrick's Day. Celebrate with games, snacks and a craft activity.

**Sycamore Shoals** Overmountain Weavers Guild Fibers Show and Sale 10 am - 4 pm

**Hands on Museum**

Art Studio Craft Schedule Music painting.

Tie-dye Day! Bring a t-shirt, pair of socks, etc, that you would like to tie-dye. Make a natural dye in Eastman Discovery Lab with berries and other foods.

**March 19** Swallows Return to San Juan Capistrano Day

**Hands on Museum**

Art Studio Craft Schedule Music painting.

Tie-dye Day! Bring a t-shirt, pair of socks, etc, that you would like to tie-dye. Make a natural dye in Eastman Discovery Lab with berries and other foods.

**March 20** National Agriculture Day, Act Happy Day, Proposal Day,

**Science Hill** Winter Sports Banquet, 6PM in the 10/12 Cafe.

**March 21** Memory Day, National Dance Day

**Hands On! Regional Museum** with Bristol Motor Speedway and Bristol Dragway present The Races, a hands-on exhibit. From safety to speed there is something for everyone. March 21- Sept. 3.

**March 22** As Young As You Feel Day, International Goof-off Day

**March 23** Near Miss Day

**March 24** National Chocolate Covered Raisins Day

**March 25** Pecan Day

**Sycamore Shoals** 2:00pm Mountain Melodies: with traditional Appalachian melodies. also Mountain River Concert Series 7: 00 PM Highway 11 Bluegrass Band

**Hands on Museum**

Art Studio Craft Schedule Personalized pet food containers. Storytime with Kids on the Block! These lively puppets are eager to tell you a story!

**March 26** Make Up Your Own Holiday Day

**Sycamore Shoals** Sunday Jams at the Park 1 - 4 pm

**Hands on Museum**

Art Studio Craft Schedule Personalized pet food containers. Storytime with Kids on the Block! These lively puppets are eager to tell you a story!

**March 27**

Education and Sharing Day, Kite Flying Day, Quirky Country Music Song Titles Day

**March 28** American Diabetes Association Alert Day

**Science Hill Band Concert**, 7:30PM, 10/12 Auditorium

**March 29**

Knights of Columbus Founders Day, National Mom & Pop Business Owner's Day

**March 30** Doctors Day, Mule Day,

**March 31**

Bunsen Burner Day, National "She's Funny That Way" Day



**"Store your stuff"**

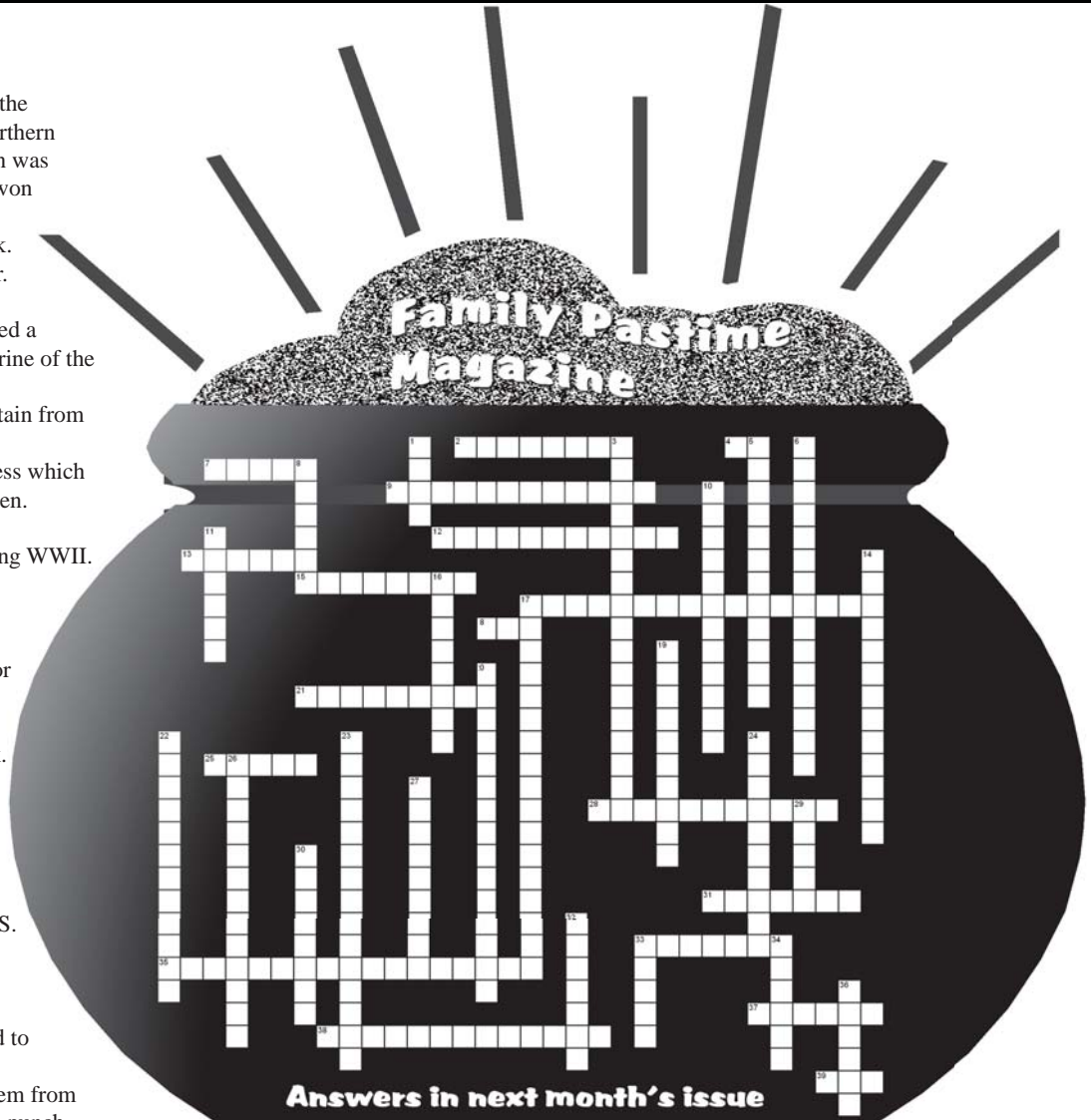
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**Across**

- 2. Theodor Geisel
- 4. 3.14159265
- 7. one of the four countries that make up the United Kingdom of Great Britain and Northern Ireland; during Roman times the region was known as Cambria. Also a horse that won the Kentucky Derby in 1954.
- 9. Kiss this to master the art of sweet talk.
- 12. The first day of the Roman New Year.
- 13. Please don't rain on this.
- 15. Legend is that St. Patrick once plucked a leaf of it for use in illustrating the doctrine of the Trinity.
- 17. She was Prime Minister of Great Britain from 1979 to 1990.
- 18. 1972 This Amendment passes congress which calls for equal rights for men and women.
- 21. First Woman U.S. Attorney general.
- 25. Women who served in the Navy during WWII.
- 28. Ireland Forever
- 31. Smooth or sweet talk
- 33. No snakes here.
- 35. This amazing woman was born a poor German princess and became one of Russia's greatest emperors.
- 37. Flower associated with the shamrock.
- 38. The first day of spring
- 39. You dance this

**Down**

- 1. There is a pot of it at the end of the rainbow
- 3. 1981 First woman appointed to the U.S. Supreme Court.
- 5. She led India to one of the fastest growing economies in the world.
- 6. First African American woman elected to congress 1968.
- 8. Legend has it that St. Patrick drove them from Ireland. (In a Punch buggy I think...no punch backs).
- 10. Goober Pea margarine
- 11. St. Patrick's given name
- 14. Her five medals were the most won by any athlete at the 1984 Olympics.
- 16. Might also be a cow that tells lame jokes.
- 17. First woman sworn in as U.S. Secretary of state.
- 19. The Amendment that won women the right to vote.
- 20. Find this for luck.
- 22. We celebrate him on March 17
- 23. John Chapman
- 24. One of a race of elves in Irish folklore who can reveal hidden treasure to those who catch them.
- 26. She was the first female pilot to complete a



solo flight across the Atlantic.

27. 1983 First American female astronaut.

29. Color of Saint Patrick's Day.

30. A five line poem. The first, second, and fifth lines rhyme and so do the third and fourth. The first, third, and fifth have the same verbal rhythm (meter) and length, and so do the second and fourth.

32. Find your pot of gold at the end of this.

33. When someone gets you angry it is said they get your \_\_\_\_\_ up.

34. Capital of Ireland

36. A general term used to describe the tribes of Northern Europe during the Iron Age.

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# Russian Adoption

*continued from page 12*

East of Russia. We were actually above North and South Korea. China was located directly across the Amur River from our hotel.

Our second flight led us to a plane that was decorated from the 1970's, which gave me great fear for my life and the safety of my family. That ride was probably the smoothest I have ever experienced in my life. I suppose the air was so cold, turbulence from cloud formation wasn't a problem. Rob and I remained entertained as we watched the man in the seat across the aisle down an entire fifth of vodka during the 8 hours. He then passed out, lying among three seats. We landed in Blagoveschensk shortly after daylight. That is when the nightmare began.

The airport we landed in looked as if it had been bombed thirty years ago and never repaired. Due to their "limited facilities," our plane landed far out on the runway. We were loaded on to a bus to take us to the airport. As we stood outside for over 30 minutes for our luggage to be bussed to the airport, our faces froze. A bell rang and we were given access to a barn in which our luggage was sent down what looked like a hay elevator. We grabbed our bags and were met by a screaming (in Russian) woman. Apparently, she wanted to make sure we weren't stealing someone else's bags. We then had the pleasure of waiting outside for another 30 minutes in -36-degree temperatures for our driver and translator to arrive. As they pulled up with a compact car, they informed us that they did not know we were bringing Sophie or the large amount of luggage. So, we got to pay for a taxi to follow us to the hotel with the rest of the luggage. The silent car ride affirmed what Rob had warned me about. He had said, "The Russians do not like us. You cannot complain. You must bite your tongue, and only smile and nod. If you do anything but that, they will think you are troublesome and the trip will be miserable." So I sat and smiled. My tongue still has teeth marks.

After 30 hours of travel with no sleep, we were taken to our hotel and told, "You must be ready in 30 minutes. We will be going to the orphanage." We ran upstairs and showered as quickly as possible and were at the door before the car arrived. As we drove through the miserable city, Sophie looked at the billowing smoke stacks and said, "Look at all that pollution." I gave her the hairy-eyeball and reminded her to keep her mouth shut. What we saw as the filthiest, poorest city you could ever imagine. The Russian citizens view it as "The Gem of Eastern Russia." I kid you not, that is how they describe it on the web page. The police located on every street corner made me decide that we probably wouldn't be doing much sight seeing.

Our visit with Vitaly (age 3) went great. We sat in the office of the orphanage director. As cold as it was

outside, we found that the rooms in every building (including our hotel room) were so ungodly hot that we felt sweaty all of the time. Vitaly was friendly with us from the first visit. We played with him and realized that it was going to take some time for us to understand him and vice versa. We speak no Russian and the boys no English. The director sat and inspected every move we each made. That pretty much sums up how the rest of the next three days went. As we went to leave after the first visit, Vitaly kissed me on the cheek. I knew he was going to be a smooth one.

We were taken to the grocery store to realize that we didn't want anything but vegetables, fruit, and cheese. Everything else was too indiscernible to be desired. My prized purchase was a box of Lipton Taste of London tea. We were taken back to the hotel and told, "That is all for today." Then we were told that we would be charged \$20 per hour each for the driver and translator each day. We also learned the favorite word among Russian translators. When asking for any information, we were given a response to include, "maybe." I suppose that is their way of not having to be accountable for anything.

The court requires a certain number of visits before the adoption can take place, so we spent our days before court running between children. We made two visits each day to the orphanage, to see Vitaly. After each of those visits, we went to Anton's hotel where he was with his caretaker. His orphanage was located in a different city, so he was brought to the area for easier visits. Of course, we were given the bill for both travel and their hotel stay.

Anton (age 4) didn't meet us with the warmth that Vitaly did. Most of our visits involved us trying to keep him from crying. After some period of time, our translator decided to inform us that he had been the youngest child in an orphanage with much older children. She said that they must have taught him "many bad things." Apparently, several of the words he was saying to us were actually curse words. As he pointed his finger to us, she told us that he was really using the wrong finger, for he was trying to flip us the bird. To put it all into perspective, you must understand, the child was scared out of his mind. Anyone put in that situation would automatically switch into defense mode. He was only defending him self as he knew how. I am sure we will all laugh at this when he is an adult.

Our hotel (\$200 a night) stay was an event within itself. From the putridly smelly water, to the cigarette smoke billowing through the vents, we were filled with a plethora of new odors each day. Our sleepless nights were due to many variables. Those included a 14-hour time difference from home and the discomfort of having to share a full sized bed with two other individuals. Each evening, I felt like a sardine squished in between Rob and Sophie. I swear, my skin still suffers "blanket burns" as I endured them fighting for the one blanket

(no sheets) that we all shared. Finally on the 4th day, I asked Rob if he couldn't share "his" pillow, since our minus-one-pillow situation left my head in a crack each evening. My saving grace was the hot water pot in our room. It allowed me to have my hot tea during all of the sleepless hours. It also filled my belly with warmth since we had many days with only one meal, usually consisting of cucumbers and tomatoes for me. The cold weather keeps them on a diet of mostly fats and meat, so you'd be hard-pressed to find a vegetarian Russian. Since Sophie and I are both vegetarian, we didn't exactly feel at home. Their wardrobes of furs with recognizable animals disgusted her. I had to remind her that now was not the appropriate time to become a P.E.T.A. advocate. **FPT-part 1**

**This is part 1 of a 2-part series. Please see next month's issue for part 2 or read the entire report now at [www.familypastime.com](http://www.familypastime.com)**

## Potato Race

**Supplies:**  
**Ropes or masking tape**  
**1 potato per player**

- 1)** Mark off a start and a finish line using ropes, chalk or masking tape.
  - 2)** Have racers get on their hands and knees at the start line.
  - 3)** Place a potato in front of each player.
  - 4)** start the race signal
- Racers must push their potatoes across the finish line using only their noses. Prizes can be given for winners. You can also time racers if you do not have enough potatoes or racers.

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**Braggin' Rights** "Braggin rights" is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things "above and beyond". Its not for money or fame, they do them because, "That's what you do". Well we at **Family Pastime Magazine** would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights** at **Family Pastime** P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to **bragginrights@familypastime.com**

Please send us information about someone you know we should include in "braggin rights!"

### Irish Blessings:

**M**ay the road rise to meet you,  
**M**ay the wind be always at your back  
**M**ay the sun shine upon your face  
**T**he rains fall soft upon your fields  
**A**nd, until we meet again,  
**M**ay God hold you in the palm of his hand

**M**ay God grant you many years to live,  
**F**or sure he must be knowing  
**T**he earth has angels all too few  
**A**nd Heaven is overflowing

**M**ay you be in Heaven half an hour  
**B**efore the devil knows you're dead!

**M**ay a rainbow be certain to follow each rain.  
**M**ay the rain fall softly upon your fields. And the sun shine warm upon your face.  
**T**op of the mornin' to you...(the rest of the day to 'me self!)  
**M**ay there always be work for you to do.  
**M**ay your purse always hold a coin or two.  
**M**ay the sun always shine on your windowpane.

**M**ay the hand of a friend always be near you.  
**M**ay God fill your heart with gladness to cheer

### Magnesium The Missing Mineral

By: Patsy Meridith

Feeling anxious? Tired all the time? Too wound-up to sleep? Does this describe you? An essential mineral in regulating over 350 different biochemical processes, magnesium is necessary for us to produce energy, get the sleep we need, keep our muscles relaxed and our nerves calm. Surveys tell us over 90% of Americans are suffering needlessly from a deficiency of magnesium. Lack of energy and sleep, as well as too much tension and anxiety from stress are complaints we often hear from customers. Our favorite supplement to help relieve these stress-related symptoms is an easy to use drink mix called Natural Calm. Available in several tasty flavors, it provides magnesium that's quickly and thoroughly assimilated. Natural Calm is safe and effective for everyone, expectant mothers and children too

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### NEXT MONTH IN FAMILY PASTIME MAGAZINE:

- **N**ot a Tourist Destination (The Russian adoption story part 2)
- **C**yber Safety- How to protect our children on the internet
- **C**hild Safety seats, are you doing the right thing?
- **B**irthday Party ideas
- **M**ovie review "Five Children and It"
- **P**lus more games, contests, jokes, recipes and the usual fun family information and activities

**Look for it April 1st.**

To find a close location to pick up your free copy go to the website (www.familypastime.com) and click on "Locations" or to have your issue delivered to you subscribe by sending \$15.00 to

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Being a Joker April Fool's day is one of my favorite holidays. I have pulled a few doozy pranks in my time and I thought with April Fool's day just around the corner I would share some classics with you. I do feel obligated to explain the rules of good pranking with you though.

1) A practical joke or prank should NEVER hurt any living thing.

2) A Practical joke should NEVER cause damage to property.

3) If the joke makes a mess, be prepared to clean it up or at the very least help clean it up.

The idea of the joke is to get a laugh. Before you pull a prank put yourself in the "victim's" shoes. How would you feel and react if you fell for this prank. If you wouldn't react well DON'T pull the prank. Have fun, be safe, and hurt nothing!

Using a pair of rare earth magnets (a rare earth magnet is a neodymium magnet, a powerful magnet made of a combination of neodymium, iron, and boron — Nd2Fe14B), put one in a cup from a fast food restaurant, replace the lid and stick a straw out of the lid. Place the cup on the top of your car or truck. Place the second rare earth magnet inside your car about where the cup would be. Drive around with a cup stuck to your car. Watch the looks, and listen for the "Hey, your cup!"

Put a fake mouse in the coffee can, or the brewing basket (filter) of your coffee maker.

Put a sticky note on someone's back with a "special expression" - This is not just for kids!

Put food coloring in milk.

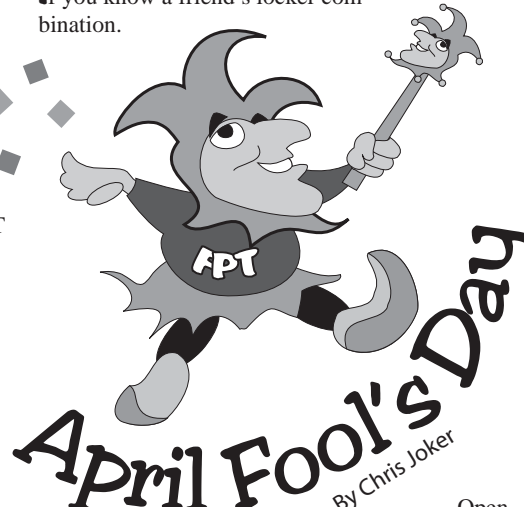
Superglue coins to a sidewalk. Sit back and watch the fun.

For this one you will need:

- 1) Plastic wrap
2) Rubber band

Sneak into the bathroom. Unscrew the lid of the shampoo bottle. put the plastic wrap around the open part of the bottle. Tie the rubber band around the plastic wrap. Your "victim" will wonder what happened to the shampoo! Huh? What? Huh? IT'S CLOGGED! Until they open it and find out there's plastic wrap around it!

If you know a friend's locker combination.



Open the locker and fill it all the way to the top with balls of paper. Then watch when they open it.

Get a few gummy worms and carefully poke them into apples. Give Mom or Dad a wormy apple for lunch and leave a few apples on the table for friends and family members to snack on or bring one to school and offer it to a friend.

Fill a box that will fit on one of the shelves of a kitchen cabinet (or desk cabinet) with ping-pong balls. With one side of the box open, place this side up against the open cabinet door, carefully close the door. Listen for the fun from the other room.

You will need a book, a dollar, or something else someone is likely to bend over to pick up and a piece of cloth that makes a loud ripping sound. Place the book or dollar out in the open, then wait for someone to come over and pick it up. When the person bends over rip a piece of cloth. It

is amazing how many people will reach back to check themselves out.

Frost a cellulose sponge (make sure it has small holes for easier frosting). Decorate it as you would a regular cake. Give your victim a plastic knife, they'll never be able to cut into it!

If your intended victim has a desk with drawers that will fit in upside down, take a thin piece of cardboard to hold the contents in and cover the drawer opening. Then turn the drawer upside down and slide it back in. Slide out the cardboard. Watch the fun. And help clean it up afterwards.

The ol' Desktop Icon Switcheroo.

In Microsoft Windows, if you press the 'Print Scrn' key on your keyboard during any application it will take an image of whatever is on screen and place it onto your clipboard. When your "victim", is distracted shut down any applications they have running on their computer and capture an image of the desktop, with all of its icons by hitting the Print Scrn key. Now open an image editing program such as Paint or Photoshop select create new document and then edit and Paste. Save the image as a .BMP. Create a new folder on the desktop and drag all the icons from the desktop into it. Now replace the wall paper with the screen capture or the desktop. The icons will still appear to be there, but since they're only part of the image and not really icons (except the folder with the real icons in it) none of them will work. Endless hours of fun as they try to figure out what happened.

Very easy prank to pull on computer users. Just take a post-it note and write "April Fools!" it. Then stick it onto the bottom of the mouse so it covers the ball or laser. They'll wonder why their mouse isn't working and as soon as they look at the bottom, "April Fools!"

Have fun, be safe and do not hurt anything. FPT

Knock, knock! Who's there? Noah. Noah who? Noah body... April Fool's!

Knock, knock! Who's there? Noah. Noah who? Noah fooling this time... it's really me!

Knock, knock! Who's there? Noah. Noah who? Noah something? It's still April Fool's!

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