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EDITORIAL & DESIGN

Philip Timothy
(318) 487-6371
ptimothy@thetowntalk.com

Cary R. Varnado
(318) 427-1232
cvarnado@thetowntalk.com

CONTRIBUTORS

Rosalyn G. Bennett, Michelle Brouillette, Fran Fookes, Melissa Gatch, Mimi Gormanous, Richard Hammer, Janice LeBlanc, Evon J. Smith, Jeanni Thrasher, Debbie Vailes, Robin Warren

PHOTOGRAPHY

Douglas Collier
Leandro Huebner
Tia Owens-Powers

LOGO DESIGN

Pat Douget
Douget Advertising

ADVERTISING

Advertising Director
Bill Heirtzler
(318) 487-6450
bheirtzler@thetowntalk.com

Advertising Manager
Bill Buschmann
(318) 487-6362
bbuschmann@thetowntalk.com

Advertising Sales
(318) 487-6397

**THE
TOWN TALK**

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MARCH 2007

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Join the Family!

Know a family who embodies the spirit of Louisiana families – humble, wholesome role models we can all aspire to emulate? Tell us a little about them and they could be our next Louisiana Family cover family. You can also volunteer to join the Family Advisory Board. Send correspondence to: Louisiana Family; P.O. Box 7558; Alexandria, LA 71306



WELCOME TO THE FAMILY

By Tatum L. Dutile

Amazing show of support

I have to say I was impressed by the outpouring of support you, our readers, showed when we asked, last month, for "Hearts for the Troops." We received almost 200 Valentine cards for the soldiers fighting overseas. They said things such as "I'm so proud of what you are doing for us" and "Thank you for serving our country."



I can only imagine the joy this brings to these people who are giving so much of their time and energy to be a part of our military. If you sent something in, we thank you on behalf of our troops. If you didn't, you can send letters to: Hugs From Home at P.O. Box 313, Oceanville, NJ 08231, where Samantha and Kristin will make sure

your message gets to either a wounded soldier in the hospital or to the our military men and women fighting overseas.

Tatum



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NATURE & OUTDOORS

OUTDOORS-WOMAN WORK-SHOP -- MARCH 16-18: This three-day event will take place at Camp Grant Walker in Pollock. It is open to women 18 and older. Forms are available at wlf.louisiana.gov. The first 125 forms received with payment will be accepted. Cost is \$140.

LOUISIANA NURSERY FESTIVAL - MARCH 16-18: The 22nd annual Louisiana Nursery Festival features carnival rides, equipment display, arts and crafts, food booths, landscape ideas and more in downtown Forest Hill. The festival opens from 11 a.m. until 9 p.m. all three days with the parade scheduled for Saturday at 10 a.m. For more information, call (318) 748-6300 or go online to goecities.com/foresthillfire.

ZOO DAY - MARCH 17: This annual event allows families to enjoy a day at the Alexandria Zoo. The day features a number of musical events as well as other entertainment on stage, games, activities, crafts for the kids, animal encounters and much more. For more information, call Lee Ann Whitt at (318) 473-1143, ext 0.

DAFFODIL DAYS - MARCH 20-21: Sponsored by the American Cancer Society, daffodils, the first flower of spring and the symbol of hope in the ACS fight against cancer, will be on sale in both Rapides and Avoyelles Parish. A \$30 vase of daffodils for pickup or delivery will be sold in Rapides Parish March 20 while Avoyelles Parish will have their sale on the following day. For more information, call Karen Cripps at (318) 445-4130.



HEALTH & WELLNESS

HEALTH CONNECT - MARCH 3: The Pentecostals of Alexandria Faith & Wellness Ministry will be hosting the 3rd annual Health Connect: A Community Health Event from 10 a.m. until 3 p.m. in the Family Life Center located at 2817 Rapides Avenue (on the corner of Rapides and Westwood) in Alexandria. This event is free and open to the community. For more information call, Kathy Baldridge, RN, Faith and Wellness Ministry at (318) 201-4690 or visit www.thepentecostals.org.

CENLA AMERICAN HEART WALK - MARCH 3: Walking for a healthy heart. Registration for this annual event, which is sponsored by the American Heart Association, will be at 7:30 a.m. at the Downtown Amphitheater. Opening ceremonies will be at 8:30 followed by the actual walk/run at 9 a.m. Admission is free and donations are appreciated. For more information, call JoAnn Marshall or Jennifer Wilder at 767-5700.

SPORTS, SPORTS AND MORE SPORTS

GOLF TOURNAMENT - MARCH 9: St. Rita Schools' 4th annual golf tournament will be held at the Oak Wing Golf Course. Registration is at 11 a.m. with golfers teeing-off at noon. The fee includes green fees, driving range fee, cart rental, lunch, dinner, refreshment, courtesy cart service and door prizes. Cost is \$100 per player (4-player scramble) and \$400 per team. For more information, Karen Moreau at 445-7141, ext. 17

HIGH SCHOOL POWERLIFTING NATIONALS - MARCH 30

APRIL 1: Some of the top high school lifters in the country will be on hand to compete in the USA Powerlifting High School Nationals at the Alexandria Riverfront Center. The meet, which is sponsored by Alexandria Senior High and USA Powerlifting, is a three-day event. Admission is \$10 per day or \$25 for a 3-day pass. For more information, call Duane Urbina at (318) 448-8206 or go online to usaplhighschoolnationals.com.



CALENDAR

MOMS CLUB MEETING - MARCH 12: The MOMS Club, an international support group for stay-at-home mothers, will have their monthly business meeting at 10 a.m. at the First United Methodist Church on Jackson St. in Alexandria. The meeting is open to all stay-at-home moms in the Alexandria/Pineville area. For more information, contact Aileen Johnson at (318) 792-

8661 or alli1068@hughes.net or Heather Berry at 225-612-4545 or berrydh@cox.net.

QUE'IN ON THE RED - MARCH 23-24: Hungry for some barbecue, then come to North Levee Park and watch as contestants cook pork, poultry, beef and seafood for cash and prizes. Food sampling and live entertainment will take place at this festival, which is being sanctioned by Memphis in May. For more infor-

mation, call (318) 449 or (318) 449-5051.

SPRING FLING FESTIVAL - MARCH 24-25: The Cotile Lions Club will host the Spring Fling Festival, formerly known as the Trade Days on Cotile, at the Cotile Lake Recreation Area. In addition to numerous antiques, arts and crafts, glassware, tools and treasures being sold, there will also be rides, a rock wall, Easter egg hunt (Sunday at 1

p.m.) and, weather permitting, a classic car show. Admission is .50 cents with children under 6 getting in free. All proceeds collected by the Lions Club goes to the Louisiana Lions Crippled Children's Camp in Leesville, the Louisiana Lions Eye Foundation in New Orleans and other worthwhile community projects. For more information, call Donnell Muller at (318) 793-5590 or Ann Schultz at (318) 793-2945.

ARTS & CULTURE

MARCH MADNESS - MARCH 3: The Rapides Symphony Orchestra presents Casual Classics: March Madness, Saturday 7:30 pm, Coughlin Saunders Performing Arts Center. This concert features our young concerto competition winners as well as Hector Berlioz's hallucinogenic fantasy of obsessive love. The Pre-Concert Conversations by musicians in the lobby will begin 45 minutes prior to the concert. For ticket information, call the

Symphony at 442-9709 or visit www.rapidessymphony.org.

SIXTH ANNUAL ART ALONG THE BRICKS - MARCH 10: Sponsored by the Natchitoches Art Guild and Gallery, Arts Along the Bricks is an annual outdoor fine art and craft exhibition and sale held along the levee side of Front Street. This event is free to the public. Artists display and sell their artwork and fine crafts at this day-long event. Paintings, drawings, photography, woodturning, pottery, stained glass, woodworking, textiles, jewelry and other art and crafts are included. All fine crafts must be handmade by the artist exhibiting them. Demonstrations by artists are also available. For more information, call (318) 352-1626

SHAKESPEARE IN SONG - MARCH 15: The Red River Chorale presents Shakespeare in Song at the First United Methodist Church in Pineville. Admission is \$10 for adults and \$5 for students. For more information, call Colleen Texada at (318) 473-2552 or go online to redriverchorale@cox.net.

RUSSIAN KIDS CIRCUS - MARCH 25: Come to the Coughlin-Saunders Performing Arts Center at 3 p.m. for the Russian-American Kids Circus. It is a fully staged professional circus whose stars happen to be children between the ages of six and 16. Trained by veterans of the world-famous Moscow Circus, these young artists fill the stage with a blur of spangles, dazzling audiences with their synchronized acrobatics, black lights, unicycling, expert juggling, daring aerial feats, and balancing acts. For more information, call (318) 767-2600 or go online to www.louisiana-arts.org.

BROWN BAG SPRING CONCERT - MARCH 30: The City of Alexandria, Division of Community Services, brings back the spring outdoor concert. So, pack a lunch and come enjoy live, local music from noon to 1 p.m. at the Alexandria Fulton Mini Park. For more information, call (318) 449-5051.

FOLLIES & ART SHOW - MARCH 31: The Arts & Healthcare Hospital Follies & Art Show features the talents of local doctors and hospital employees at 7 p.m. in the Coughlin-Saunders Performing Arts Center. Sponsored by Central Louisiana Arts & Healthcare; CHRISTUS St. Frances Cabrini Hospital; Rapides Regional Medical Center and National Arts Program, proceeds will go to continue arts and healing programs in our area hospitals. General admission is \$10 and \$25 for reserved seating. For more information, call Judy Ginsburgh at (318) 792-6416.



HISTORY & HERITAGE

SHAMROCKIN' - LIVE CELTIC

MUSIC - MARCH 10: Come to the Alexandria Zoo and enjoy Celtic, Cajun, folk and traditional Irish music, featuring Beth Patterson of Lafayette and "Beyond the Pale" of Tyler, Texas. Admission is \$10 per person. For more information, call Lee Ann Whitt at 473-1143, ext. 0.

ASSEMBLEE DE LA MARINE -

MARCH 10: This spring living history program, which takes place from 9 a.m. to 5 p.m., will focus on the lives and daily activities for the French Marine garrison stationed at Fort St. Jean Baptiste during the 1750s. French Marines and Militia will garrison the fort. Civilian camps and Merchants will be located in areas outside the Fort. This full scope living history event will feature ongoing activities, demonstrations and historical vignettes throughout the day. Admission is \$2 for ages 12 to 62. For more information, call (888) 677-7853 or (318) 357-3101.

SACRED PLACES TOUR - MARCH

10: From 4-9 p.m., take a guided tour through the American Cemetery, oldest cemetery in the Louisiana Purchase Territory conducted by costumed interpreters portraying some of the more notable characters and legends of historic Natchitoches that are buried there. Historic churches will be toured along with other historic sites. Evening tours will include Immaculate Conception Church, circa 1850s and the Bishop Martin Museum, circa 1850s. Admission is \$10. For more information, call (800) 259-1714.

CELTIC SCOTTISH HIGHLAND

GAMES - MARCH 17: The Rebel State Historic Site will celebrate the advent of Scottish, Welsh, and Iris immigrants in to the northwest sector of Louisiana from 9 a.m. until 4 p.m.. Events of the day will include bagpipers, other music, heritage dancing, genealogy, Highland cattle, vendors, food and the park's version of the Scottish Highland games for adults, children, and children at heart. For more information, call (888) 677-3600.

MARDI GRAS SCHEDULE

"KREWE OF ANTIQUA" -- FEB. 16:

10 p.m. Rapides Parish Senior Citizens "Krewe of Antiqua" Masquerade Party will be held at the Cenla Shrine Club on Vandenburg Drive.

ST. RITA SCHOOL MARDI GRAS PARADE -- FEB

16: 1:30 P.M. This annual Mardi Gras Parade is sponsored by St. Rita School. All are invited to place an entry in the parade. Admission is free. For more information, call Karen Moreau at 445-7141, ext 17.

TASTE OF MARDI GRAS -- FEB. 16:

7 P.M. Sponsored by Louisiana Restaurant Association Cenla Chapter, this event which takes place from 7 until midnight features "a

taste" of over 30 restaurants in Cenla; a second line Mardi Gras Parade (8 p.m.); and live entertainment featuring Stormy from 9 p.m.

until midnight. Admission is \$15 for adults over 18, \$5 for children 10 and under for advance tickets or at the door ... \$20 for adult over 18 and \$10 for children 10 and under. For more information, call Jamie Lemoine at 793-4570.



MARDI GRAS MAGIC --

FEB. 16-17: Celebrate the Mardi Gras season with a parade, music, food and all that makes Natchitoches charming. Activities begin on Friday with a downtown block party featuring live music in the Natchitoches Historic District. Next day there will be musical performances during the day as well a Mardi Gras Parade designed for children and pets. The Krewe of Wag-uns will roll at 11 a.m. in the Historic District. For more information, call Kelli West at (800) 259-1714 or (318) 352-1714.

KREWE OF LOUISIANA -- FEB. 17:

7:30 P.M. The Cenla Soiree will be held at the Holiday Inn Downtown Convention Center. For more information, call Greg Gormanous at (318) 473-6469

or (318) 487-4805.

KREWE OF DIONYSOS MARDI GRAS PARADE --

FEB. 17: 5:30 P.M. This night-time Mardi Gras Parade that rolls through downtown Natchitoches will have over 50 units and 10 super, beautiful floats and tons of great throws. For more information, call the Natchitoches Parish Convention and Visitors Bureau at (800) 259-1714.

AMGA ELEVENTH ANNUAL CHILDREN'S PARADE -- FEB. 17:

10:45 AM. The parade will wind through downtown including Murray, 5th, Jackson, Third and St.

James Street. There is a \$75 entry fee. For more information, call Dewayne Moore at 473-9501 or the Cenla Chapter of LRA Office at (318) 793-4570.

AMGA FOUR-TEENTH ANNUAL KREWE PARADE -- FEB. 18:

2 P.M. The parade route will take revelers down Texas Ave. - Masonic - Memorial - North Boulevard - Alexandria Mall.

For more information, call Dewayne Moore at 473-9501 or the Cenla Chapter LRA Office at (318) 793-4570.

KREWE OF PROVINE PARADE -- FEB. 20:

3:30 p.m. This event rolls around Coliseum Boulevard in Alexandria. For more information, call Barbie at 442-9484.

MARDI GRAS IN MAMOU -- FEB. 20: Cajun-style celebration begins with "Courir de Mardi Gras" (run of mardi gras), where costumed men on horseback chase chickens and collect food items for the town's communal gumbo. The day ends with a concert and a Fai-Do-Do (dance). For more information about this year's Mardi Gras celebration, call (337) 468-3105 or email vpcoc@yahoo.com

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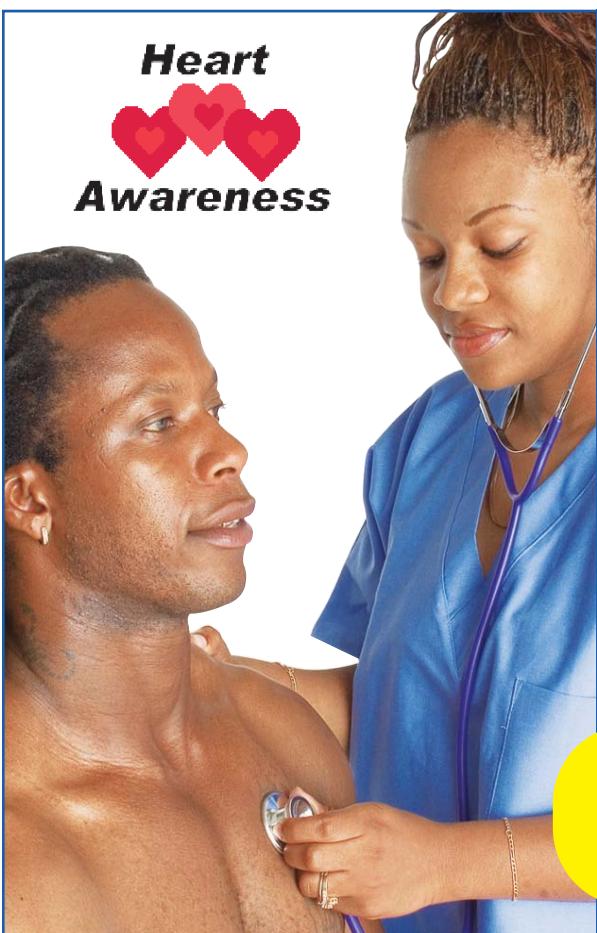
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Amicus Club Queens

Maid (foreground, at right): Caitlin Coates, daughter of Donna and Jimmy Coates of Tioga. Coates is a sixth grader at Mary Goff Elementary School.

Princess (foreground, at left): Shelby LeAnn Kadrovich, daughter of Chris and Anita Kadrovich of Pitkin. Kadrovich is a 10th grader at Pitkin High School.

Queen: Katherine "Katy" McNeely, daughter of Marguerite McNeely of Hineston. McNeely is an 11th grader at Oak Hill High School.



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YOUR MONEY

By Richard Hammer

Trust your estate plan

How do trusts work?

As the grantor of a trust, you set up the rules and appoint a trustee, who manages the trust and its assets.

Different trusts have different objectives. When you design your estate plans, you may well need more than one trust. Here are some of the most widely used ones:

Revocable Living Trust:

When you set up a revocable living trust, you can control your assets during your lifetime and determine how they will eventually be distributed to your heirs.

Bypass Trust: Allows both your and your spouse's estate tax exemptions to be preserved, to the benefit of the surviving spouse and, ultimately, the children.

Special Needs Trust:

People with mental or physical disabilities can hold an unlimited amount of assets in a Special Needs Trust without having the assets count against eligibility for governmental benefits.

QTIP Trust: If you're married for a second time, but want to make sure your children from your first marriage are protected, you may want to think about a QTIP (Qualified Terminable Interest Property) Trust. A QTIP trust enables you, as grantor, to provide for your surviving spouse and also maintain control of how the trust's assets are distributed once he or she also dies.

Trusts are complex instruments, so you should work with an attorney, in addition to a tax adviser to make sure you are using the right type of trust, then consider a financial professional for funding it with the appropriate vehicles.



ENTERTAINMENT

The best in family-friendly films & games



Half-shelled

Heroes RETURN

Whether it's work, school or social commitments, today's parents have more demands on their time than ever before. So how do you choose which movies and DVDs are appropriate for young eyes and ears? Let Louisiana Family be your one-stop guide to the best family-friendly fare in the world of popular entertainment.

TMNT

Release Date: March 23

Genre: Action/Animation/Family

Rating: PG

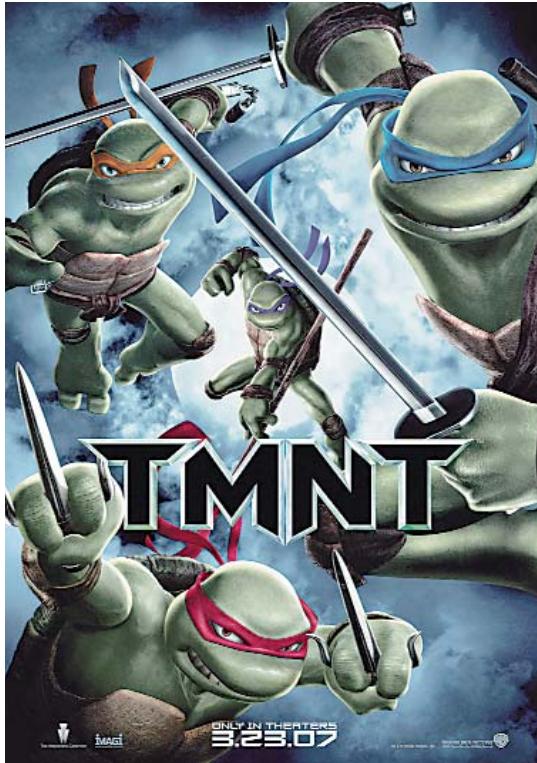
Length: N/A

Web Site: www.tmnt.com

America's favorite heroes in a half-shell are back with an all-star cast of voices, like Patrick Stewart and Sarah Michelle Gellar.

As the film opens, we find our heroes have grown apart following the defeat of their old nemesis, Shredder. But when their rodent sensei, Master Splinter discovers a terrible plot to take over the world, only one group of green ninja fighters can stop the evil Max Winters.

TMNT was made entirely with computer-generated animation, giving the Teenage Mutant Ninja Turtles series a realistic new look for the 21st century.



VIDEO GAME PREVIEW



MAJOR LEAGUE BASEBALL 2007

Developer: 2K

Release Date: March 5, 2007

Video game publisher 2K is setting out to redefine America's pastime with its March 2007 release of Major League Baseball 2007.

Featuring lifeline player animation, detailed throwing mechanics and a killer soundtrack including Nirvana, Sublime, The Stooges and more, MLB 2K7 promises to be one of the most realistic sports experiences ever.

Don't Miss:

- Next-generation player models
- Franchise finance
- Unprecedented commentary
- High-definition visuals and audio
- Online play
- Signature style
- Dynamic throwing system

Platforms: PS2, PS3, PSP, Xbox, Xbox 360, Game Boy Advance, Nintendo DS

MARCH DVD RELEASES

Motion Pictures

March 6

Care Bears: Friends

Forever

Peter Pan

March 20

The Care Bears Movie

The Nativity Story

TV &

Documentaries

March 6

Baby Looney Tunes, Vol. 3

Barbie Fairytopia: Magic of the Rainbow

Barney: Let's Go to the Fire House

Better Golf for Kids, Vol. 1

Davey & Goliath: Lost Episodes

Pokemon Advance Battle, Vol. 8

Stargate Atlantis, Season 2

Veggie Tales: Moe & the Big Exit

Wiggles: Racing to the Rainbow

March 13

Baby Einstein: My First Signs

Nick Jr. Favorites, Vol. 5

Teenage Mutant Ninja Turtles, Season 4

Ugly Duckling/Big Race

Ugly Duckling in the Enchanted Forest

March 20

Batman Beyond: Season 3

Care Bears: Forest of Feelings

Dukes of Hazzard: The Beginning

Justice League Unlimited: Season 2

Silent Wings: American Glider Pilots of WWII

Thomas & Friends: Special Letter

March 27

Bob the Builder: Bob's Top Team

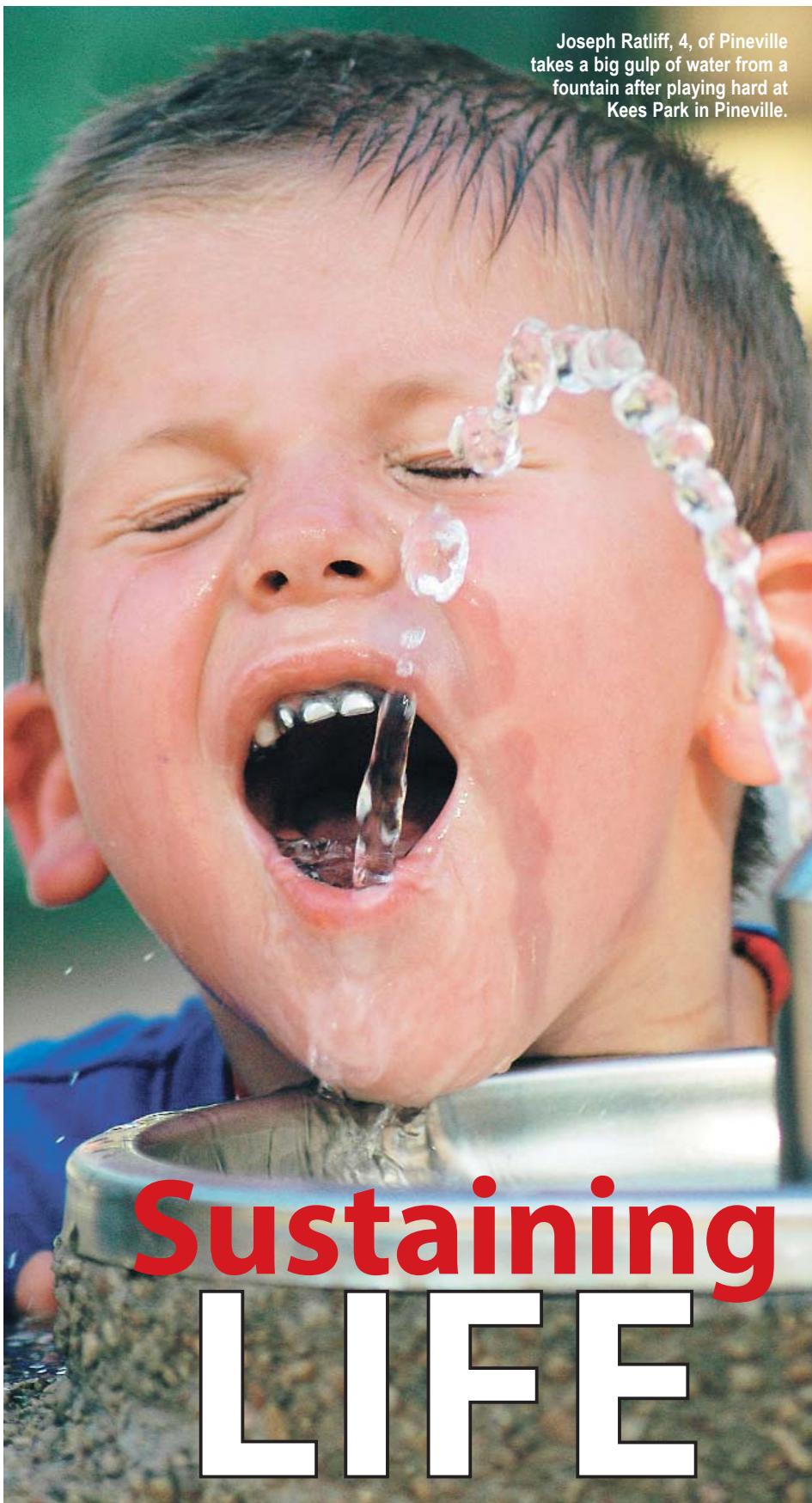
Chronicles of Narnia: The Silver Chair

Fantastic Four: World's Greatest Heroes, Vol. 1

Full House: Season 6



Joseph Ratliff, 4, of Pineville takes a big gulp of water from a fountain after playing hard at Kees Park in Pineville.



NUTRITION

By Mimi Gormanous, MS, LDN, RD

Water vital for many body functions

A person could live without food for about a month, but less than a week without water. Why is water so vital? Water is the most abundant source in the body and is needed by almost every cell, tissue and organ. Water maintains our body temperature and helps our muscles function. Water transports nutrients and waste products in and out of cells. It is necessary for all digestive, absorption, circulatory and excretory functions.

HOW MUCH IS ENOUGH?

This is not an easy question, since there are many variables. Fluid intake can be affected by your weight, age, activity level, any disease or illness, and climate. In addition, you lose water when you breathe, sweat and through urine and bowel movements. Athletes lose a tremendous amount of fluid and must drink often to stay properly hydrated. Also, many foods are good sources of water. Juicy fruits like grapes, watermelon, apples, oranges, and grapefruit and vegetables like lettuce, broccoli, and tomatoes have high water content.

As a dietitian I calculate all of these factors when figuring someone's fluid intake. For the general population, the Institute of Medicine recommends about 13 cups of fluid per day for men and nine cups for women – up from the previous eight cups. However, this includes total fluid intake from all beverages, with the exception of water content from food. Adequate water intake helps ward off dehydration, constipation, kidney stones and helps control your weight – sometimes we eat, when



we are really thirsty. So the next time you feel like snacking, drink some water and wait to see if you are truly hungry.

DEHYDRATION

Thirst alone can not be your guide. Once you realize you're thirsty, you are already slightly dehydrated. Plus, as you age you are less sensitive to recognizing thirst. Mild dehydration – as little as a 1 to 2 percent loss of your body weight – can decrease your energy level. An easy way to check your hydration status is to check the amount and color of your urine. If you void frequently and your urine is colorless or pale, your fluid intake is probably adequate. One exception is after taking a multivitamin – your urine may be fluorescent.

HOW MUCH IS TOO MUCH?

Some people, mostly endurance athletes, can drink too much water. When the kidneys are unable to excrete the excess water, the electrolyte (mineral) content of the blood is diluted, and can

Water is the most abundant source in the body and is needed by almost every cell, tissue and organ.



cause low sodium levels in the blood – hyponatremia. This is why sports drinks should be consumed during heavy train-

ing/marathons. However, it is not common in the average American diet.

BOTTLED OR TAP?

The government regulates both bottled water and tap water – especially when it comes from large municipal water systems. So for safety issues, either one is fine. There are filters for the sink or refrigerator, for those who don't like the taste of tap water. However, some bottled and filtered water don't contain fluoride (needed for dental health). Alternate with tap water and read the bottle labels.

If you like to refill and reuse your water bottles, be careful. Bacteria thrive in moist, warm places, so it's important to wash your bottle in hot soapy water between uses. I suggest buying a "sports" water bottle (for extended use) and for convenience using a plastic bottle (refill throughout the day only). That way you'll be sure to drink plenty of water, plus it's easier on the pocketbook and great for the waistline!

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Fears are a normal part of early childhood. Children have vivid imaginations, and can develop fears even when there has been no previous bad experience. Such fears may appear irrational on the surface but they are very real, and may develop into phobias if not handled properly.

A fear of animals, especially dogs, is very common among children in the early years, even in families that have a pet dog. A child can think of the family dog as being completely unrelated to other dogs. And for chil-

dren who've had little exposure, loud barking and big teeth can be terrifying, even when an animal is playing.

Adults who demonstrate appropriate behavior can teach children how to approach and touch an animal, and how to handle encounters with unfamiliar animals, but children should never be forced to make contact with an animal of any species unless and until they are comfortable with the idea. Help them build confidence with education.

Children can be told that it's okay to be

afraid, and that there are things that can be done to help them not be afraid. In cases of extreme fear, they can begin at a basic level with stuffed animals and pictures in a book, followed by gradual and appropriate exposure to well-trained, gentle animals.

Professional therapy may be required if a child has been a victim of an animal attack, but early knowledge of animals and how to behave around them can help protect against fear, as well as create the foundation for a lifelong happy relationship with a pet.

It is every bit as important for a pet to learn how to behave around a child. From the first meeting, children should be taught to respect a pet and to treat it with gentleness and fairness. Under no circumstances should a child be allowed to tease or mistreat a pet.

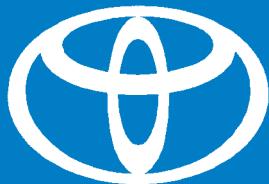
Most childhood fears disappear. Children grow out of many fears as they acquire experience, and animals are much the same. Early and pleasant exposure to children helps them to become loving, sociable and non-fearful members of the family.

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FAMILY PETS

By Rosalyn G. Bennett

Ethnic favorites

'Global' cuisine adds variety to mealtime

Like most families, my family has its favorite suppers. Those are the meals that I cook over and over because I know they made a hit and I was able to please everyone.

That routine can also put supper time in a rut. To infuse some variety into meal time, we decided we would have "dinner around the world" at least once a month.

We start with a list of countries and the Internet. My husband and I are pretty flexible, so we let the kids choose the country. An on-line search reveals some of the typical dishes of the country.

Easy countries to start with are the ones with whose dishes we are already familiar. Mexico, Italy, and China easily come to mind. Nearly everyone is familiar with enchiladas, lasagna and chicken chow mein.

The best part is that you don't have to be truly authentic. You can start with the "Americanized" versions of these dishes, ones that popular restaurants



Tamale Pie

1 cup corn meal	1 cup grated Cheddar cheese
1 tablespoon margarine	1 medium onion, chopped
1 teaspoon minced garlic	1/3 cup chopped bell pepper
3/4 pound ground beef	3/4 pound ground pork
2 cups canned tomatoes	2 teaspoon chili powder
2 teaspoons salt	1/2 teaspoon black pepper
Red pepper to taste	1 cup chopped black olives

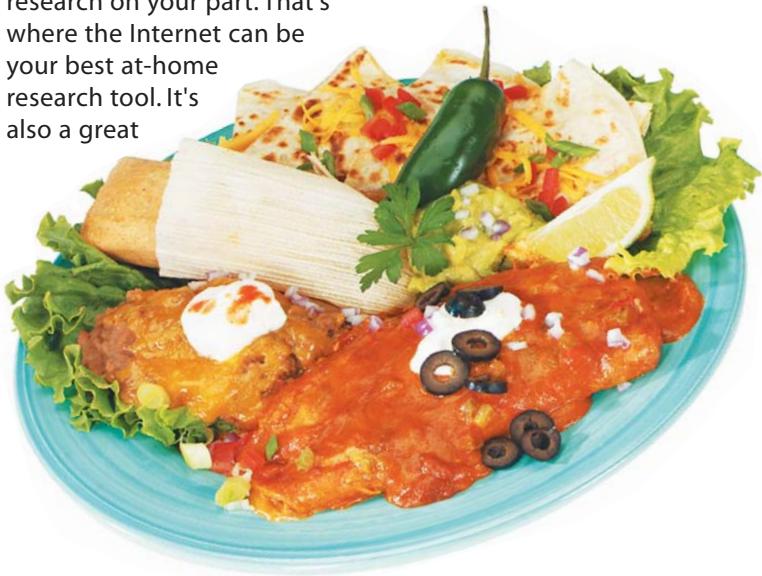
To make a corn meal mush, start by swirling a little olive oil in a deep saucepan. Stir corn meal into 1 cup cool water. Add to saucepan. Add three cups boiling water and one teaspoon salt. Return liquid to a boil, then lower heat and cook for about 30 minutes, stirring constantly. Remove from heat, add grated cheese and mix well. Set aside. In a deep skillet, melt margarine, then add beef and pork. Brown well. Add onion, garlic and bell pepper. Stir until vegetables are softened. Add tomatoes and seasonings. Cook 30 minutes. Remove from heat and add olives. Coat 2 quart casserole dish with cooking spray. Pour in about two thirds of the corn meal mush, lining the bottom and sides of the casserole. Pour meat mixture into the mush-lined dish. Top with remaining third of the mush. Bake at 375 degrees for one hour. Yields 8 servings.

have developed to appeal to our American palates. Once you can agree on a familiar entree, add a lesser known side dish or dessert that is typical of the country.

The countries with less familiar dishes may require a little research on your part. That's where the Internet can be your best at-home research tool. It's also a great

way for your children to practice their research skills in a library.

To get your family started with its own "discovery dinner", let's start with an easy country like Mexico.



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Sweet and Simple Pleasures

By Jennifer Ruiz

Last year around this time, my husband Chad, our two kids, and I went to visit my husband's family in New Orleans. We went to a cookout at my daughter Kayla's Godparents house. When they have a cookout, there is always lots of food, friends, and family. Everyone comes with a dish and leaves with a smile. Chad and I usually bring dessert because I don't cook and I

work at the best bakery in the South. At this particular event, we brought a fresh strawberry pie and some petit fours. The kids eat first, that way they can play while the adults enjoy their meal. When it came time for dessert we realized that there were several small pieces missing from the pie. Someone had been sneaking dessert to my son Cody and my nephew Gavin, both were three years old at the time. We all laughed because Gavin kept asking for more. Before we knew it he had eaten half the pie. He was running around and bouncing off the walls. When his dad came in the living room, he asked Gavin how much sugar he'd had. Gavin, with a big grin on his face, replied with "A LOT". Everyone burst into laughter. Although his dad told him he couldn't have anymore, his Nanna was glad to give him a few more bites. We should all take a lesson from my nephew, Gavin. Sit down, relax, and enjoy every bite with child like pleasure. Whether it's a chocolate killer mousse, a butter toffee truffle, or a strawberry pie, let Atwood's help you enjoy every bite and memory.



Give your lawn a fresh look with colorful flower beds

Before preparing a flower bed, you must select a location for it. First determine what plants you want to grow. Then select a site that meets those needs.

A flower bed can be prepared any time during the winter. That way the soil has time to settle before it's planted in the spring. It also gives organic particles time to continue decomposing and adding beneficial chemicals, minerals and other nutrients to the soil.

Tools needed include a shovel, rake, hoe and axe. Other items needed include soil amendments, water hose, mist nozzle and water.

Now the work begins.

Remove all live vegetation from the surface of the soil and dispose of it. Next, dig down eight inches into the soil and turn it over. Remove all rocks, roots, pieces of stone, concrete, brick and any other items that your plant's roots cannot penetrate. Break up all soil cods, clumps and particles that are lumpy. Keep doing this until the soil is pliable by hand. If your soil is heavy clay, extremely sandy or gumbo type, remove and replace it with organic humus or other high-organic soil. Adding some peat moss will help the soil retain moisture if desired.

If you are fortunate enough to have reasonably fertile soil, simply add high organic materials such as humus, leaf mold, chopped pine straw, potting soil, rotten sawdust or decomposed manure. All of the above will add nutrients, keep the soil from compacting and attract earthworms that will continually "plow"



and aerate the soil.

Now smooth the surface of the soil until it is level. Rake the soil so that the rake's teeth form small, shallow, straight rows. Sow your flower seed in these rows. Pack the soil down and over the seed with your hand. Don't put too much pressure on the soil – just a slight

amount.

Use a mist nozzle on your garden hose to moisten just the surface of the soil. Do not wet the soil. Just moisten it enough to soak the newly planted seeds a bit. This will assist them in germination.

Finally, give yourself a pat on the back for a job well done. Expect great results!



As they learn, children become powerful teachers

**"O God, You have taught me
from my youth; and to this day
I declare Your wondrous
works."**

— Psalm 71:17

I consider myself very blessed; I grew up in a family that stressed the importance of God's love, both for mankind and for me as an individual.

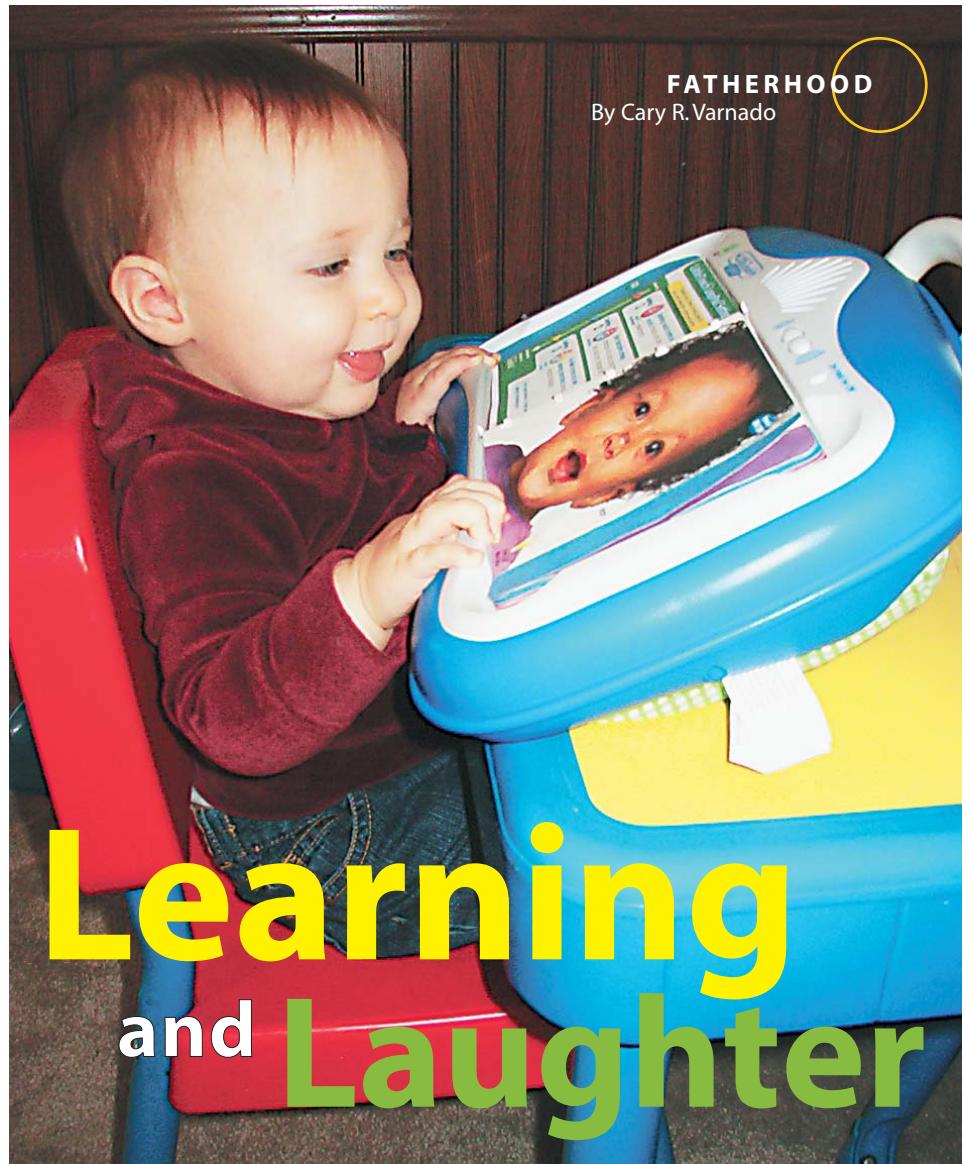
Not wanting my faith to be blind, however, my mother, father and grandparents also encouraged me to explore the world around me, from the roots of my trust in Christ to the more routine disciplines of art, literature and mathematics. Indeed, whatever the course of study, my loved ones never failed to support my academic and personal endeavors.

So here I am, a parent now, myself. Seeing my own child as my family once saw me, the responsibility before me seems nothing short of overwhelming.

My Katelyn will, it appears, grow up in a world of ever-lower academic standards, cultural division and moral relativism. How can Jennifer and I possibly compete with a shifting cultural landscape to instill in her the intelligence, integrity and unshakable ethical standards to which we aspire?

There are so many options to explore: Will we be able to place Katelyn in a home- or private-school environment? Will she view her nation as the great bastion of freedom her parents revere? Will she come to know Jesus Christ as more than a religious icon — as redeemer, mentor and friend?

On one hand, such questions seem



out of place with regard to a little girl not yet one year old. But as I look back over the past 11-plus months, I'm amazed at the breadth of all that she's already learned.

Words like 'nose' and 'puppy dog' and 'apple' are standard fare these days, as are shaking her head no when she's had her fill at the dinner table and walking — barely supported — across a room.

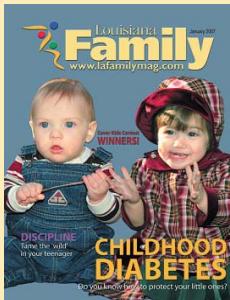
Oh, how fleeting are these moments we share with our children!

As for my concerns for Katelyn's future, I again draw courage from God's Word, where I'm told, "... your Father knows the things you have

need of before you ask Him."

While I'd be lying if I said I could completely push aside such worries, I see God's wondrous works in having my family close by to keep (and teach) Katelyn while her mother and I work; in His placing us in a wonderful church body that places such significance upon its children's spiritual and academic achievement; and I see the Lord's extraordinary handiwork in the smiling face that greets me every morning and evening.

Happy birthday, my precious one, and thank you, Lord, for an incredible year of learning and laughter.



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Every month 'Louisiana Family' features columns on cooking, finance, new parenthood, education, health & diet, reading, raising children, pets, entertainment, local calendars, day trips for families and more – pick up a copy of Louisiana Family today!

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COVER KIDS



D'Asia B. is the daughter of Latasha. A bright, precocious little girl, she boasts an infectious smile.

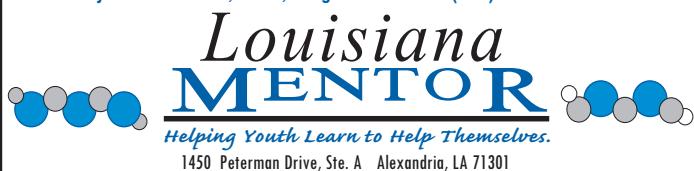


Reid Richard, 7, is the son of Eric and Glenda Richard of Jonesville. Like many boys his age, Reid enjoys playing video games and sports – especially football and baseball.

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Instill the Joy of reading ...

BY FRAN FOOKEs

Throughout our lives, we read directions or instructions to perform a task, we read newspapers, magazines and other publications to be informed and we read stories, poetry, plays and other enjoyable materials for the literary experience. If you had not developed solid reading skills as a child, you may have had difficulty completing job-related tasks or reading for enjoyment.

As students in grades four through eight become more sophisticated readers, their reading behaviors become more analytical and their thinking more abstract. Children at this level dissect words and word parts for meaning and continue to expand their vocabularies. They read for enjoyment in areas of interest and pay particular attention to reading series books. By engaging children in the world of reading, parents can help their child enjoy reading more and become a more proficient reader. The recommendation is that parents spend at least one hour per week – 10 to 15 min-

utes a day – doing a reading activity with their children.

To help parents nurture their children's reading behaviors, consider these tips and ideas for reading at home with children in grades four through eight:

- Help your child with the latest experiment in her science book. Talk through each step and discuss next steps. Pay special attention to vocabulary.
- Pick a different country each week, and challenge your child to learn more about that country by visiting the library or researching it online.
- Research and select books about your child's interests, such as a sport or hobby. Your goal, of course, is to get your child to read, but how wonderful if enhancing his skills and/or developing his creativity is an added benefit!
- Make a trip to the library a weekly "date" with your child.
- Read the newspaper with your child. Elicit opinions about current events. Suggest that these opinions should be defended by information and create

"what if" discussions, eliciting new ideas.

- Encourage your child to read series books (Harry Potter, Lemony Snicket, The Chronicles of Narnia, Little House on the Prairie, etc).

- Create a family book club and share a discussion or two. Identify the books your child may get excited about and read the same books.

- Help your child find a favorite author. Have him create alternate stories for the author's repetitive character.

- Encourage your child to build his own library. This can include books on a favorite topic and by a beloved author. Remember that libraries can contain magazines, so consider a subscription or two for your child. Children are natural collectors and you will be introducing your child to a world of resources.

Educational experts agree that the more children read, the more they'll enjoy reading, and the more proficient they will become. Encouraging reading helps transform this basic skill to a learned behavior and an intellectual habit.

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To begin with, engaging the help of a realtor is free, since the realtor's fee is collected at closing from the seller, costing you nothing. Finding a good realtor can take a little work. You may meet with several before finding one that clicks with your personality and will really strive to help you find just what you're looking for. This is also advantageous because realtor's are usually in the know about lenders, which leads us to the next and often most difficult step.

Difficult because of all the paperwork; but luckily you're just gathering books of your life's history for your hard working lender. Some mortgage companies will barely give you the time of day unless your credit scores are flawless, and hope-

BY DEBBIE VAILES

Buying your own home need not be overwhelming

fully yours are. If however, you happen to be like 74% of American's, there may be a few blemishes on your credit. Again, this is where a realtor can be a valuable asset by directing you to lenders who are willing to help you buy a home if your credit is less than spotless.

There is a vast array of loans available. Again, this is where your lender comes in. There are loans for first time home buyers. There are also loans that require a down payment which combined with high scores can usually result in a lower interest rate. Fannie Mae is also another loan about which your lender can inform

you. There is also a loan for lower income families, making owning a home possible for almost anyone.

Don't forget about PMI (private mortgage insurance). This is required if you're not plunking down 20%. But fortunately upon acquisition of 20% equity in your home, the PMI is dropped. Be sure to contact your mortgage company to further inquire into the necessary steps. This can provide substantial savings each month.

When purchasing a new home you should always hire a professional home inspector. He will check things that the average person may not even consider. A home inspection is well worth the \$300-\$400, on average, that he will charge you. These inspectors are trained to look for potential problems that could be lurking beneath the shiny surface of your new home. This could be a simple problem that the seller may repair or may be willing to reduce the price and

the buyer do the repairs.

Always insist that the seller include a year of home warranty coverage. This is not home owners insurance for protection of fire. This is a warranty to protect you should anything happen to any major appliances including the air conditioner, heater, stove, water heater, washer, dryer etc... This warranty has saved home buyers potentially thousands of dollars. For example, my daughter and son in law bought a home which included the warranty. A few months later the "brand new" central air unit went out. So for a mere \$50 they had a new unit installed. After the first year you are given the option of maintaining the policy yourself.

Home Sweet Home, a



Danny Ha (left) and his uncle, Bay Phan, look for information on a home on Marye Street that is being sold by its owner.

dream almost anyone can realize. Owning your own home is worth the hard work necessary initially. And always better than throwing away that rent money each month. May fortune smile on you as you and your spouse/family shop for your new home.

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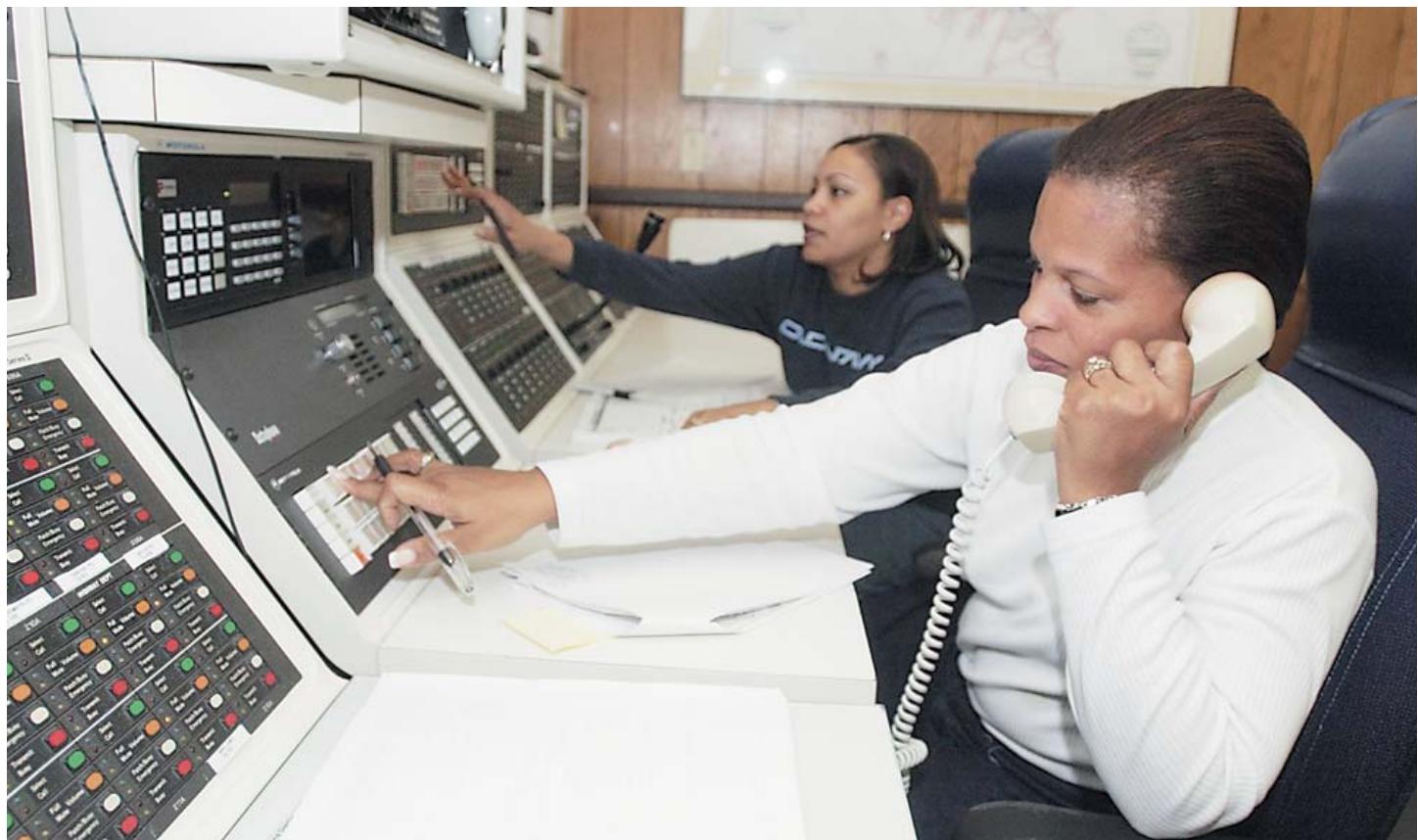
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In January's issue we learned the do's and don'ts of poison control inside the home, and also where to call if a poisoning was suspected. But, have you ever wondered if the other person on the line really knew what he/she was talking about?

Whether he/she was experienced or just some high school drop out that was hired to fill a quota?

Well, in honor of the National Poison Prevention Week held the third week of this month, this article has been dedicated to reveal just that: who and what lies beneath the other end of the Poison Control Center's hotline?

Louisiana's Poison Control Center is in Shreveport located in the Health Sciences Center at LSU. Directed by Mark Ryan, it is one of over 60 poison control centers in the U.S. Each center is responsible for covering about 5 million people; that would figure to about 7.5 calls per 1,000 people.

The Center's team members are referred to

WHAT LIES BEHIND THE POISON CONTROL HOTLINE?

BY EVON SMITH

as SPI's, or Specialists in Poison Information, and are well-trained by an educator, so when you call you can expect precise and courteous help.

Ryan says, " Every case is unique in some way, so every call, no matter how trivial it may sound, needs to be and will be taken seriously."

Calls made are confidential, so it is crucial to give honest answers so you can get the correct treatment information. Some information needed would be what happened, the ingredients ingested, amount exposed to, medical his-

tory, etc.

Also, the Center makes follow up calls on more serious patients, either at home or at hospitals. And, if your case has no precedents, Ryan says that they will do whatever's necessary to find the information needed for treatment.

The majority of calls the Center receives is related to children under six who have ingested these top three poisons: household products/cleaning agents, medication, and plants.

However, most children's cases are not fatal; they just lick, taste or sip the poison. The majority of deaths are related to 19-35 year olds in a potential suicide attempt.

If you suspect yourself or someone else has been poisoned, please don't hesitate to call your poison control center at 1-800-222-1222. Just be honest when the SPI questions you, so you may get the correct treatment, if needed.

And remember, your call will be held confidential.



To most kids, college seems to be something they think about in their senior year. This is a big mistake.

College preparation should begin early. So, even if your child is just beginning high school, begin some planning and preparation now.

Because there are so many things to consider, finding a college that is right for your child takes time. One of the first things to consider when selecting a college is — does the college fit your child? In other words, does the learning environment, class size, support system, etc. fit your child? "The most important thing is to find a school that fits the best," says Byron McGee, Director of Enrollment Management at Louisiana College. "Consider class size, etc," adds McGee.

One way to determine if a college or university is the best fit for your child is to consider the learning environment. "The first thing to think about is how best they learn," advises Dr. Thomas Armstrong, Vice Chancellor of Academic and Student Affairs at LSUA. "What type of environment do they learn best in? Do they need a small class or large class? Do they need personal attention? Some stu-

BY MELISSA GATCH

dents need more personal attention than others," adds Armstrong.

The fit with the school is very important. "A student's success depends on the fit with the college," says Armstrong. He also adds, "The best fit is much more important to success than academic ability."

To determine which college or university best fits your child, research prospective schools carefully.

"In terms of the search process, the school's website is a great place to start," says Armstrong. Taking a careful look at a school's website is a great way to obtain a wealth of information. Spending some time researching through the internet is a great way to narrow your choices down.

Once you have narrowed your choices down to a couple of schools, it is time for personal visits to the schools. The best place to start is with a visit to a college admissions officer. "Schedule a personal visit through the admissions office. Visit the school for a personal visit, not just a student day. Go visit the dorm, classes,

cafeteria, etc. to get a feel for the school," suggests McGee.

A visit with admissions office can help provide important information, such as available financial aid and advising services. "Check with each school to see how they handle their own scholarships aside from TOPS, etc," explains McGee.

In addition to individual school websites, parents and students will soon have access to a great website that will aid them in their college search. "LA ePortal is a one-stop shop for high school students to look up anything for their future education and career," says Nancy Borden, Director of Media Relations at LSUA. "It will have an overview of 2 yr. and 4 yr. colleges in Louisiana," adds Borden. According to the website, www.laeportal.com, students will be able to do many things in the website such as create a 5 year plan, obtain information on testing, find out college and technical school admission requirements.

By taking the time to carefully research school choices, your child can have a wonderful experience through their academic journey.



Devices can transform our lives – for good or bad

BY JEANNI THRASHER

While technology has greatly advanced society and made our lives considerably easier, it has also created some dangers of which many parents are not even aware. Use the information below to make educated decisions about whether or not to equip your child with them.

CELL PHONES

Pros: Cell phones are useful for parents, especially those who have children involved in after-school activities. There is also a certain amount of accountability if a child can be reached by a parent at any time, including late nights. Driving teenagers have access to phones immediately in the event of an accident or delay.

Cons: Most schools now ban cell phones or require that they be turned in to a teacher or an office because of the growing number of students who have been caught texting answers to each other on their cell phones during exams. Parents also do not always know to whom their child is talking. Camera phones have also been used to take pictures of students in bathrooms or other private places and posted online. Parents should request an itemized statement from the phone service provider and be aware of all calls the child is making and receiving.

iPODS

Pros: Small, easy to carry and can contain a complete music library. Similar to the great Walkmans of the past, the music for these gadgets can be downloaded for a small fee.

Cons: A parent can be held legally responsible if their child illegally downloads music. Many are not aware of the songs on their children's playlists, which may contain vulgar, sexually explicit language. Parents should regularly check the playlists for any inappropriate music.

DIGITAL CAMERAS

Pros: These cameras never run out of film



Smart
Tech

and take quality pictures.

Cons: Like camera phones, inappropriate pictures can be taken and shown to others or posted online. Most cameras have a stored history so that parents can view all photos taken and developed.

INTERNET

Pros: The Internet provides a wealth of information in just a few clicks. It is useful for term papers, school research, driving directions, tourist/travel info ... the list is endless!

Cons: Many students' Internet usage is completely unmonitored. Pornography is easily accessed – credit cards are not required, as many parents believe.

Predators may lurk in such sites as MySpace and Zangla. There are also many Web sites devoted solely to providing students with research papers for a small fee.

Communication is the key to avoiding these pitfalls. Talk to your child. Stay involved. Hold them accountable. Guide them now so that they will make the right choices when they are on their own.

PRESENTED BY THE ARTS COUNCIL OF CENTRAL LOUISIANA

The Russian-American Kids Circus



The Circus is coming to town...
but this isn't any ordinary circus.

This is the Russian-American Kids Circus and it combines the artistry and magic of the circus with the traditions of European theater and circus arts. The gifted young performers, ages 6 -17, are trained by veteran stars of the famed Moscow Circus.

In addition to stage performances, the Russian-American Kids Circus has appeared at the Epcot Center at Disney World, on the Cosby Show, Good Morning America, and many television programs in China, Germany, Japan, Mexico and Russia.

The performance is a synthesis of circus arts, theater, drama and comedy. It is a gem of a Circus that dazzles with excitement and exquisite performances by kids for kids. But guess what? Not only do kids love it, SO DO THE ADULTS!

This highly acclaimed Circus will hold its public performance **Sunday, March 25, at 3:00 p.m. at the Coughlin Saunders Performing Arts Center at 1202 Third Street, Alexandria.** The tickets are \$25 for adults and \$10 for students, available by going online – www.letusentertain.com

For Ticket Information, call the Box Office (318) 767-2600.

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KIDS' CORNER

Fun stories & activities to inspire young minds

Great Job, Kids!

Don't forget to check out these and all the other awesome entries we received online! Have Mom or Dad log you on to www.lafamilymag.com to see the pictures.



Tate Moran
Grace Christian



Shelby Toms
Hayden Lawrence



Will Dinnat
Brame Middle School



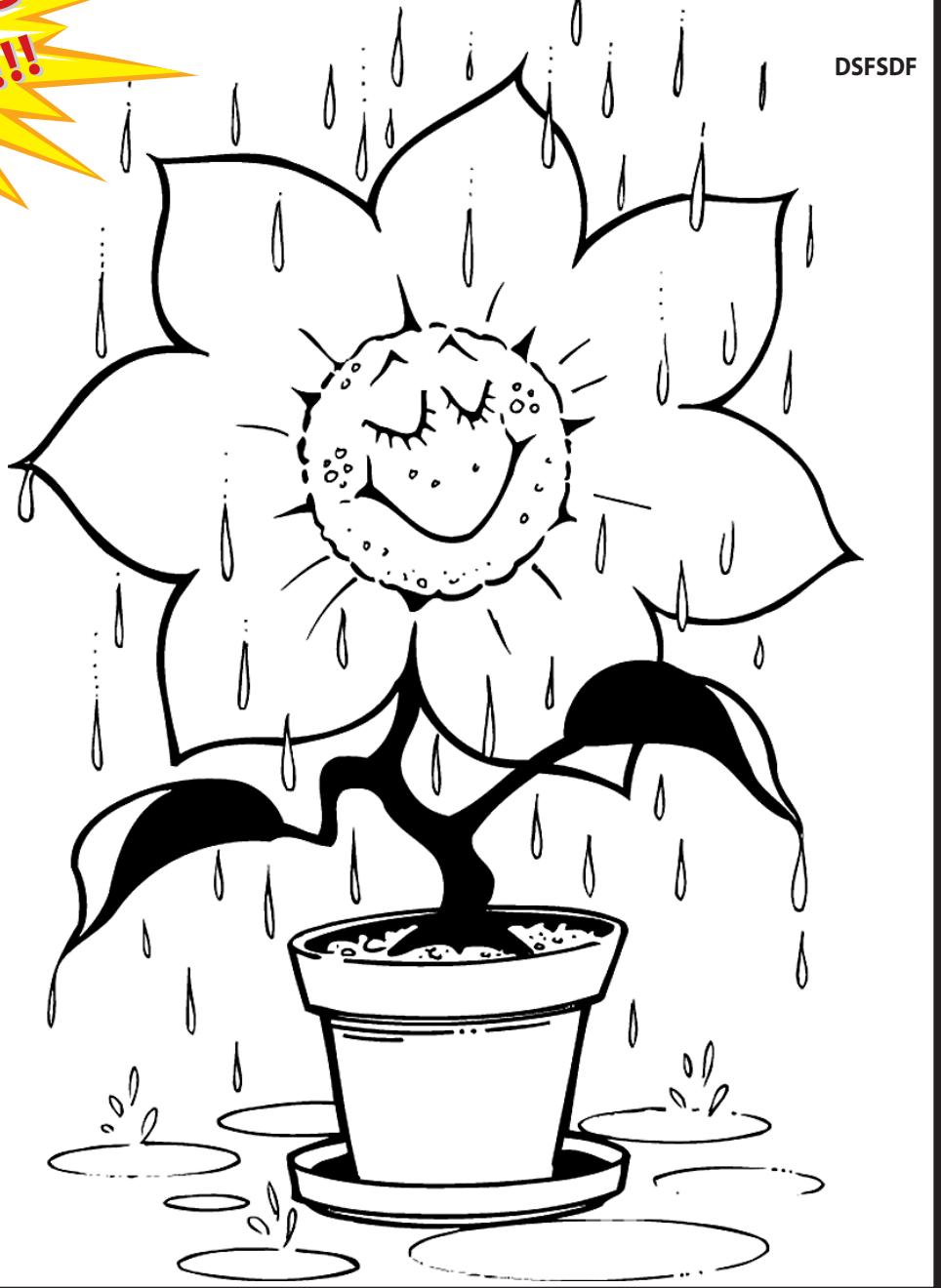
HEY, KIDS!

Cash in on your creativity.

- Color this picture and submit it, along with the entry form below to Louisiana Family Color Contest, P.O. Box 7558, Alexandria, LA 70301. Entries must be received by 5 p.m. on Friday, March 2.
- Entrants may use anything they want to color the picture – markets, crayons, colored pencils, etc.
- A panel of judges will choose one winner and two runners up.
- One entry per person.
- One winner per family per quarter.
- Winners will receive a special prize from Louisiana Family for their great work.
- Winners will be chosen based on artistic ability and creativity.

COLOR & LEARN WITH LOUISIANA FAMILY MAGAZINE!

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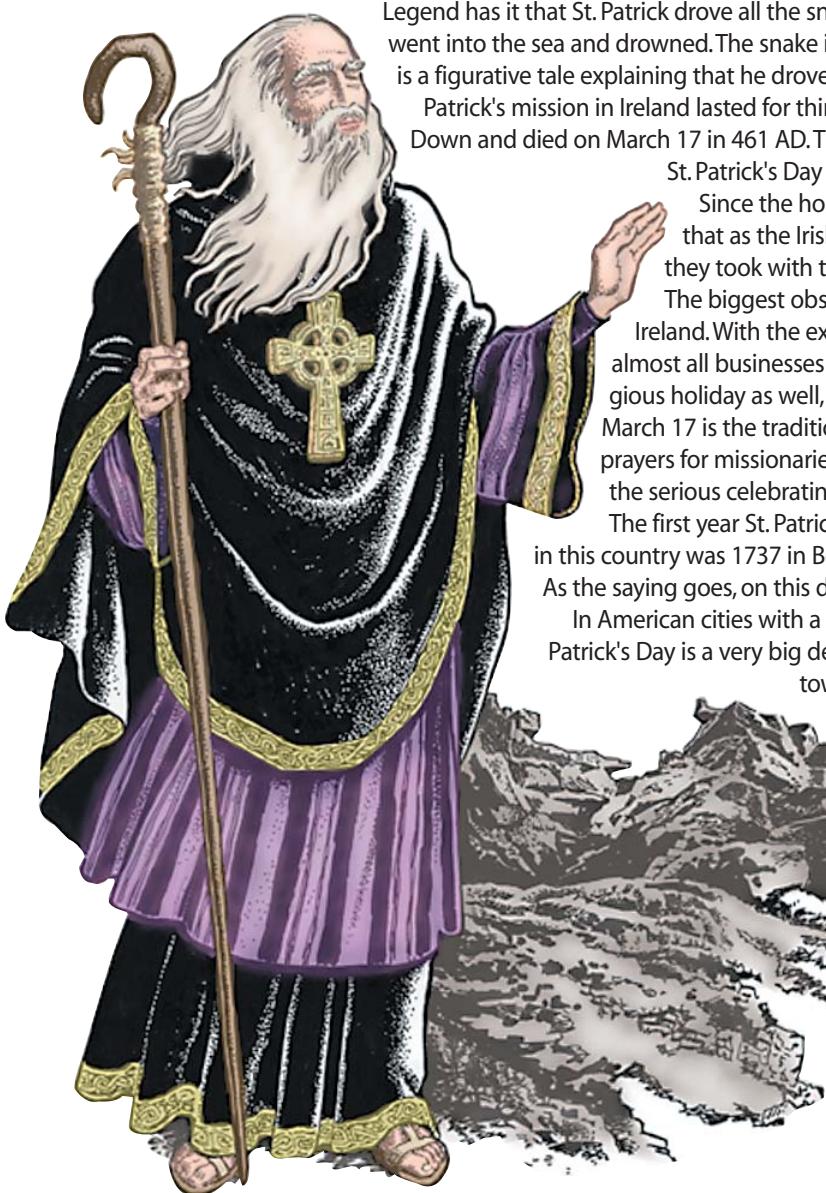
DELIVER TO: Louisiana Family, P.O. Box 7558, Alexandria, LA 71301

St. Patrick's Day!

Saint Patrick's Day has come to be associated with everything Irish ... anything green and gold, shamrocks, leprechauns, pots of gold at the end of rainbows 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.

Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. He described himself as a "most humble-minded man, pouring forth continuous 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."



Legend has it that St. Patrick drove all the snakes out of Ireland. Evidently, they all went into the sea and drowned. The snake is a pagan symbol and perhaps this is a figurative tale explaining that he drove paganism out of Ireland.

Patrick's mission in Ireland lasted for thirty years. He then retired to County Down and died on March 17 in 461 AD. That day has been commemorated as St. Patrick's Day ever since.

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

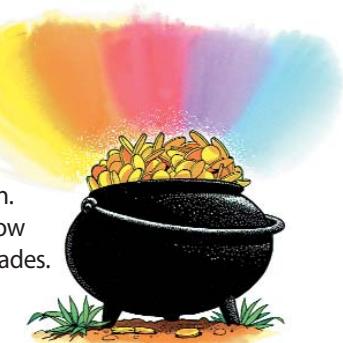
Ireland. With the exception of restaurants and pubs, almost all businesses close on St. Patrick's Day. Being a religious holiday as well, many Irish attend mass, where March 17 is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

The first year St. Patrick's Day was celebrated in this country was 1737 in Boston, Massachusetts. As the saying goes, on this day "everybody is Irish!"

In 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. Over 100 U.S. cities now hold St. Patrick's Day parades.





KIDS' CORNER

Fun stories & activities to inspire young minds



TORNADOES: NATURE'S FURY UNLEASHED

Tornadoes ... they are called one of nature's most violent storms for a very good reason.

This violently rotating column of air that extends from a thunderstorm to the ground can produce wind speeds up to 250 miles per hour. The highest wind speed ever recorded - 318 - was taken in May 1999 in an Oklahoma tornado. Damage paths can be in excess of one mile wide and 50 miles long.

These killer storms have been known to wipe entire towns off the map with wide destructive paths while others have hopped, skipped and jumped their way through a community.

Tornadoes come in all shapes and sizes and can occur just about anywhere at just about any time. In the south, the peak tornado season is March through May when there is so much instability in the weather, while the peak months in the north are usually during the summertime.

Some of the strongest tornadoes on record have touched down in tornado alley - a 10-state area in the U.S. central plains, which stretches from north Texas to Nebraska.

U.S. RECORDS

YEAR: The 1,717 tornadoes reported in 2004 topped the previous record of 1,424 in 1998.

MONTH: In May 2003, there were a total of 516 tornadoes, easily surpassing the old record of 399 set in June 1992.

2-DAY PERIOD: On April 3-4, 147 tornadoes touched down in 13 states.

According to the National Oceanic and Atmospheric Administration's (NOAA) Storm Prediction Center in Norman, Okla., there are an average of 1,200 tornadoes in the U.S. that cause an average of 50 deaths, 1,500 injuries and over \$400 million dollars worth of damage.

Tornadoes are measured by how much damage they do and Dr. T. Theodore Fujita of the University of Chicago came up with a method to measure them in 1971. His F-scale was the only widely used tornado rating method used for over three decades. A new enhanced Fujita-scale (EF) scale took effect in February.

The EF-scale, like the older Fujita scale, provides an estimate of a tornado's wind speed.

The newer scale classifies F0-F5 damage by taking the calibrations of engineers and meteorologists across 28 different types of damage indicators (mainly various kinds of buildings, but also a few other structures as well as trees). Basically, the newer scale is based on more tornado details.

However, if a tornado doesn't hit any buildings, it may not be possible to classify it.

TORNADO CATEGORIES

F0 — 73 MPH — LIGHT DAMAGE.

DAMAGE. Some damage to chimneys; branches broken off trees; shallow-rooted trees pushed over; sign boards damaged.

F1 — 73-112 — MODERATE DAMAGE.

DAMAGE. Peels surface off roofs; mobile homes pushed off foundations or overturned; moving autos blown off roads.

F2 — 113-157 — CONSIDERABLE DAMAGE.

DAMAGE. Roofs torn off frame houses; mobile homes demolished; boxcars overturned; large trees snapped or uprooted; light-object missiles generated; cars lifted off ground.

F3 — 158-206 — SEVERE DAMAGE.

DAMAGE. Roofs and some walls torn off well-constructed houses; trains overturned; most trees in forest uprooted; heavy cars lifted off the ground and thrown.

F4 — 207-260 — DEVASTATING DAMAGE.

DAMAGE. Well-constructed houses leveled; structures with weak foundations blown away some distance; cars thrown and large missiles generated.

F5 — 261-318 — INCREDIBLE DAMAGE.

DAMAGE. Strong frame houses leveled off foundations and swept away; automobile-sized missiles fly through the air in excess of 100 meters (109 yards); trees debarked; incredible phenomena will occur.

KIDS' CORNER

Fun stories & activities to inspire young minds

SEEK AND FIND

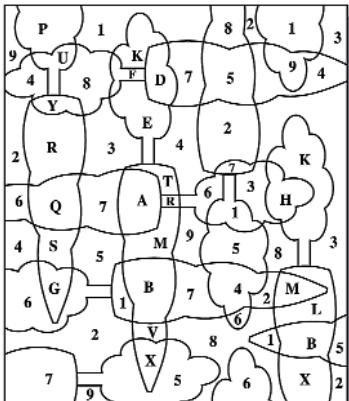
FIND THESE WORDS IN THE PUZZLE BELOW.

CARNATION	JASMINE	PETUNIA
DAFFODIL	LILAC	ROSE
DANDELION	LILY	TULIP
IRIS	ORCHID	VIOLET

THE WORDS READ UP, DOWN AND ACROSS.

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

HIDDEN PICTURE

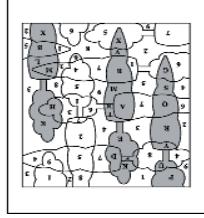
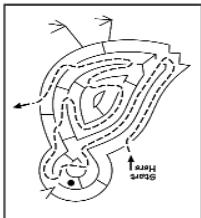
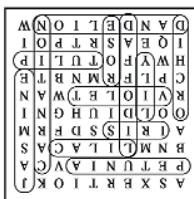


Color in each space that contains a letter.

Answers

TIC

TAC



First, Bell was born on March 3, 1847. In 1875, he discovered the principle that made the telephone possible, and in March 1876, he was granted the patent for the telephone. The patent covered the method and apparatus used to transmit voices and other sounds telegraphically.

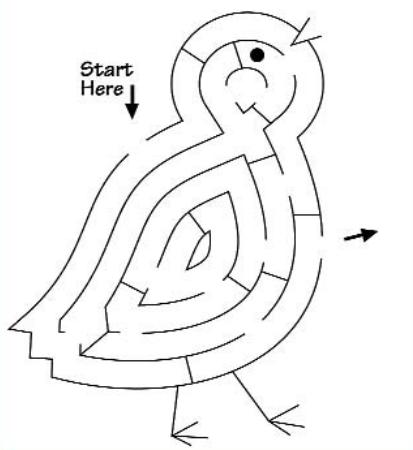
Then on March 10, three days after the patent was granted, Bell transmitted the first message by telephone. On that day, Bell's assistant, Thomas Watson, was linked to the sending device in Bell's office by wire and a receiver. The first message sent was Bell saying Mr. Watson, come here, I want you.

Bell's father and grandfather trained him in public speaking and in teaching deaf people to speak. The Bell family knew the importance of this because Bell's mother and the woman he married were both deaf. Bell also studied anatomy, physiology and music.

Bell's inventions didn't begin or end with the telephone. He worked on transmitting several telegraph messages over one line, and he was granted patents for a number of other inventions in a variety of areas, including aviation and lighting. He also founded the National Geographic Society.

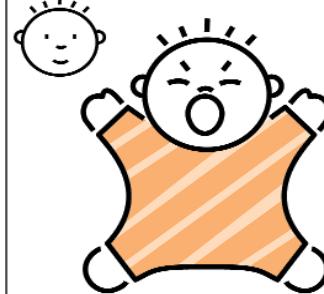
All in all, it seems that March was a pretty good month for us, too. After all, it brought us Alexander Graham Bell AND the telephone.

MAZE



Learn Some French

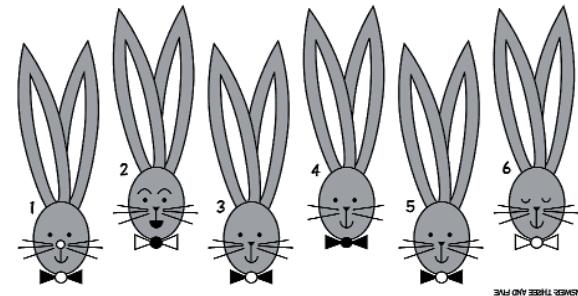
le bébé



The baby is crying.
Le bébé pleure.

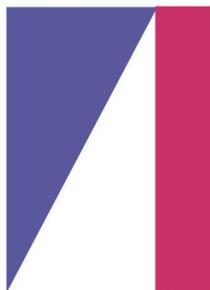
FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



ANSWER ON PAGE 35

Win a Trip for Two to a NASCAR Race

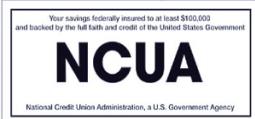


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4:30pm - 8:00pm

Outpatient Building

3rd Floor Conference Rooms A & B

4:30 - 5:30 PM

Registration* and Light Supper

5:30 - 6:30 PM

- Ethical Issues by Sr. Jean deBlois
- Break-out Sessions

6:45 - 8:00 PM

For Healthcare Professionals

End-of-Life Pathway &
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