



Louisiana Family

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February 2007



Cover Kids Contest
WINNERS!

Infant & Child CPR:
Do you know what it takes to

**SAVE YOUR
CHILD'S
LIFE?**

Louisiana Cuisine:

**CAJUN
VS.
CREOLE**



**“John and Marcia’s first house was for the kids,
but this one was for themselves.”**



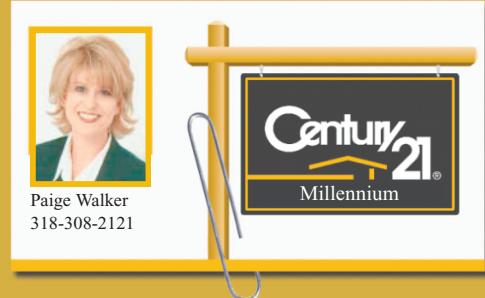
“John and Marcia both worked to put four kids through college. They helped plan each wedding and watched their grandchildren become teenagers. It was time to do something for themselves by moving to the coast and building their dream home. I helped them find a property with a perfect view. I even recommended architects and contractors who could build them their dream house. I feel like I helped them get everything they ever wanted—a deck, a spa, and plenty of guest rooms for the kids.”

— Paige Walker

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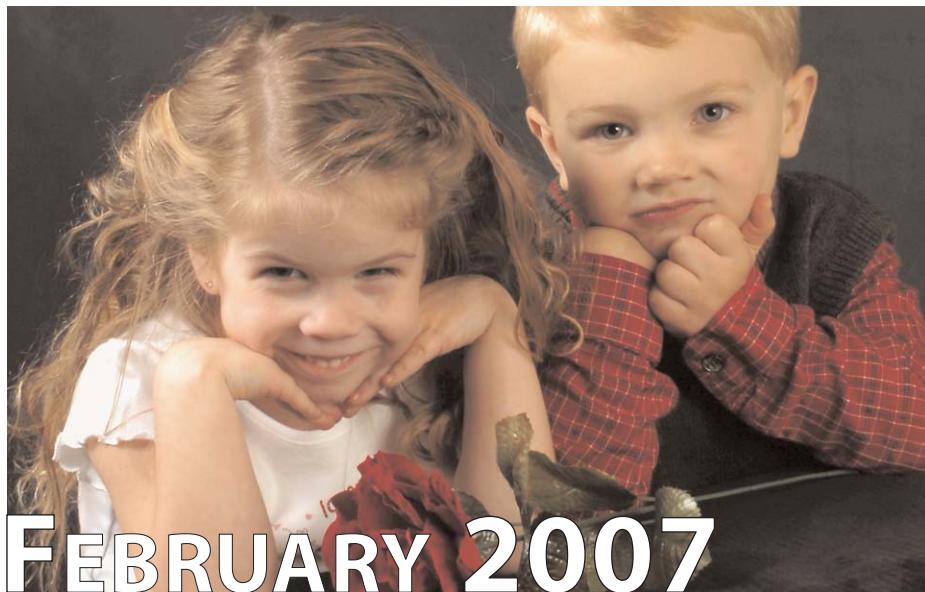
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Join the Family!

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. Dutil, Manager

Teaching the value of creativity

February is a time for love. Everyone gets excited about heart-shaped boxes of chocolate, cards, flowers and stuffed animals. But what's the real message of this month?

After the Christmas gift-giving rush, Valentine's Day offers a much more calm atmosphere in which to show children how to let someone know they are special without spending a fortune.

It's the perfect time for families to tell each other just how much they are loved with unique gifts – the kind you stash away in a box to remember the occasion later in life.

Help the children make creative cards for your spouse – items even they will love to look at when they are much older. Plan a picnic – even indoors if it's too cold or rainy. You can choose to include the children or hire a sitter. You can even "hire" them to create a meal (with your help, of course).

The point is to take initiative, be creative and let your family know you took the time to think about what would really make them feel special and in so doing, you'll teach your children the importance of thoughtfulness and love.

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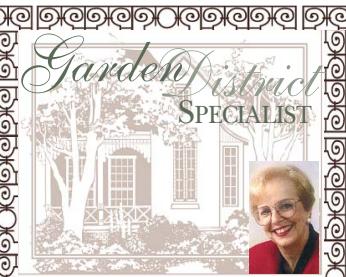
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ARTS & CULTURE

TRAVEL

SOME ENCHANTED EVENING - JAN. 27: Join the Cenla Travel Club for Some Enchanted Evening ... a musical revue ... a stroll along the Louisiana Boardwalk and finally dinner at Shreveport's private Southern Trace Country Club. For more information, call Nancy Chambers Richards of Cenla Travel at (318) 443-9038 or go to www.cenlatravel.com.

JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT - JAN. 31: Join the Cenla Travel Club as they travel to Lafayette's Heymann Performing Arts Center for a show and later a dinner at George Rodriguez's famous Blue Dog Café. For more information, call Nancy Chambers Richards of Cenla Travel at (318) 443-9038 or go to www.cenlatravel.com

BLUE MAN GROUP - FEB. 16: Join the Cenla Travel Club in Bossier City for Blue Man Group. For more information, call Nancy Chambers Richards of Cenla Travel at (318) 443-9038 or go to www.cenlatravel.com



YOUNG ARTISTS COMPETITION - JAN. 20: University of Louisiana at Monroe. For ages 12 to high school graduation and college freshmen through age 30. For information, contact stricklin53031@yahoo.com.

GOSPEL CONCERT - JAN. 20: The Southern Plainsmen will be at Big Island Baptist church in Deville for a 7 p.m. concert. For more information, call Todd Burgess at 466-5823.

CHILDREN'S HOUR -- JAN. 20:

Children are invited to a fun program on Saturday, January 20, from 10 to 11 a.m., at the Louisiana State Arboretum in Ville Platte. For more information, call (888) 677-6100 or (337) 363-6289.

ARBOR DAY IN VILLE PLATTE -- JAN. 20:

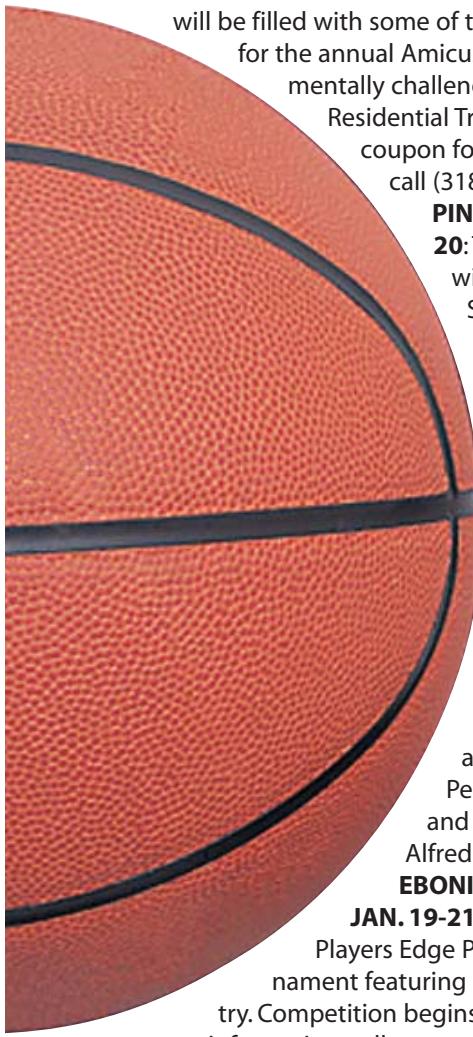
Join the staff of the Louisiana State Arboretum in celebrating Louisiana's Arbor Day on Saturday, January 20 from 1 to 4 p.m. Visitors are invited to participate in the day's events, which will include a tree planting ceremony, an educational program on landscaping with native trees and a tree seedling giveaway. Participants will get to take home a variety native tree seedlings to plant in their own yard. Seedlings are free and will be available on a first-come, first-served basis. For more information, call (888) 677-6100 or (337) 363-6289.



SPECIAL DAY

BRIDAL EXTRAVAGANZA - JAN. 20: Come to the Alexandria Riverfront Center from 11 a.m. until 3 p.m. to see everything a bride or a groom-to-be needs this year to get married. There will be a style show and some fabulous door prizes. For more information, call Gina Turner at (318) 487-6481.

SPORTS, SPORTS AND MORE SPORTS



45TH AMICUS CLUB PRCA RODEO - JAN. 19-20: The Rapides Parish Coliseum will be filled with some of the cowboys and cowgirls on the PRCA circuit for the annual Amicus Club Rodeo. All proceeds will benefit the mentally challenged and autistic children at St. Mary's Residential Training Facility. Cost is \$10 for adults, free with coupon for children 12 and under. For more information, call (318) 442-9581 or (318) 445-0580.

PINEVILLE BASEBALL REGISTRATION -- Jan. 19-20: The Pineville Dixie Youth Baseball Association will hold registration Friday from 5-8 p.m., Saturday from 8 a.m. to 5 p.m. and again on Feb. 2 from 5-8 p.m. and Feb. 3 from 8 a.m. to 5 p.m. at Kees Park in Pineville. Parents can also register online @ www.pinevilleyouthbaseball.org. For more information, call Kenny Kessler at 466-3669 or Dawn Brumfield at 201-7208

LHSAA HALL OF FAME BASKETBALL - JAN. 20: Enjoy an exciting day of basketball as 12 of the top girls and boys high school basketball squads will square off at Peabody High School. Among the teams competing are Peabody, Marksville, Menard, Winnfield, Calvin and Pineville on the girls side and Menard, ASH, Tioga, Ouachita, Zwolle and Peabody on the boys. Action kicks off at noon and admission is \$5. For more information, call Alfred Rachal at 729-0251 or call 442-9546.

EBONITE SENIOR PRO BOWLING TOURNAMENT -- JAN. 19-21: The Four Seasons Bowling Center and the Players Edge Pro Shop in Alexandria is sponsoring the tournament featuring some of the elite senior bowlers in the country. Competition begins at 9 a.m. and runs until 4:30 p.m. daily. For more information, call tournament director Rusty Bethley at 451-9016.

CENLA HIGH SCHOOL RODEO - FEB. 2-3: Sponsored by the Cenla High School Rodeo Association, top cowboys and cowgirls will compete at the Rapides Parish Coliseum beginning at 7 p.m. each night. Admission is \$10 for adults while children under 12 get in free. For more information, call Tracy Tam at 451-0744.

TRAVEL (CONT.)

THEATRICAL PRODUCTION - FEB. 24: Join the Cenla Travel Club as they travel to New Orleans to watch the new musical HATS!, which is about fun and fellowship as women reach

the big 5-0. For more information, call Nancy Chambers Richards of Cenla Travel at (318) 443-9038 or go to www.cenlatravel.com

MOSAIC EXHIBITION - FEB. 27: Travel to New Orleans to view 37

priceless Vatican Mosaics on exhibit at the historic Ursuline Convent in New Orleans. For more information, call Nancy Chambers Richards of Cenla Travel at (318) 443-9038 or go to www.cenlatravel.com

ARTS & CULTURE (CONT.)

RAPIDES SYMPHONY ORCHESTRA - JAN. 21: 2:30 p.m., Coughlin-Saunders Performing Arts Center, Alexandria. Alexandria native Stephen Caplan will return home to play Vaughn William's beautiful Concerto for Oboe and Strings. Also, hear Mozart's ever-popular "Eine Kleine Nachtmusik"! The Pre-Concert Conversations by musicians in the lobby will begin 45 minutes prior to the concert. For more information, please call (318) 442-9709.

MEN'S RETREAT - JAN. 26: "Being God's Kind of Man" is the theme of this retreat at the Dry Creek Baptist Camp. Registration is at 5 p.m. at the Dry Creek Baptist Camp. Cost is \$50 per person, \$35 two-day commuter, or \$20 one-day commuter. To pre-register, send a registration form and \$10 per person. For more information, call (337) 328-7531.

CONCERTO COMPETITION - JAN 27: The Rapides Symphony Orchestra will present a concerto competition at the Coughlin-Saunders Arts Center. For more information, please call (318) 442-9709.

MARDI GRAS SCHEDULE

WOODWORTH MARDI GRAS PARADE

FEB. 10

1 p.m.

The Woodworth Parade takes place on Dan Tripplet Road. For more information on this event, please contact The Cenla Chapter LRA Office at (318) 793-4570 or call the Town of Woodworth.

KREWE OF CRONUS PARADE & PARTY

FEB. 11

2 p.m.

Sponsored by Bunkie Chamber of Commerce, the parade starts at Haas Auditorium at 2 p.m. and will be followed by a party at the Haas Auditorium in Bunkie. Entries are welcomed and admission is free. Everyone is encouraged to bring lawn chairs to the parade and the party. For more information, call Phyllis O'Quin: 318-346-2575

LSU AT ALEXANDRIA MARDI GRAS PARADE

FEB. 14

Noon

The parade will take place on the LSUA Campus. For more information, call Dan Purvis at 473-6486

"KREWE OF ANTIQUA"

FEB. 16

10 PM

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 FOURTEENTH ANNUAL KREWE PARADE

FEB. 18

2 PM

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.

CALENDAR

ARTS & CULTURE (CONT.)

THE WORLD OF WOODPECKERS -- JAN. 27: Explore the world of woodpeckers, on Saturday at 10 a.m. at the Louisiana State Arboretum. For more information, call (888) 677-6100 or (337) 363-6289.

DOG SHOW -- JAN. 27-28: The Alexandria Kennel Club will hold a dog show Saturday and Sunday. The public is welcome to attend, but no un-entered pets are allowed. Judging starts at 8 a.m. with a match 30 minutes after best in show.

LEGENDS OF YESTERDAY - JAN. 28: The Vernon Arts Council presents Legends of Yesterday and Yesterday: A Tribute to the Beatles at the Leesville High School. The music that defined a generation and represented the thoughts and emotions of millions while it liberated the youth of the world. There will also be a performance of "A Tribute of the Beatles" where four lads will take you on a magical mystery tour of the Beatles complete with costume changes, exciting vocals and witty stage mannerisms.

BLACK HISTORY ART CONTEST -- JAN. 31: Sponsored by the Kent House Plantation, this contest is open to all grades and ages and any art form is acceptable. Deadline for entries is at 3 p.m. on Jan. Theme is "African American History Through the Eyes of Our Youth." For more information, call (318) 487-5998.

ZOO DOCENT TRAINING -- JAN. 19-FEB. 28: Sponsored by the City of Alexandria and FOTAZ, all those who want to volunteer at the zoo will undergo training classes and orientation. There will be opportunities to help with maintenance and landscaping, animal care and education. Applications will be taken and interviews conducted before training begins. For more information, call LeeAnn Whitt at 473-1143, ext. 0

CMN/ART EXPRESS ART SALE - JAN. 31-FEB. 1: This annual fundraiser for the Children's Miracle Network will take place at the CHRISTUS Cabrini Outpatient Center (Room 3A) from 7 a.m. until 4

p.m. For more information, call Jackie Wallace at 448-4952.

7TH ANNUAL QUILT DISPLAY - FEB. 28: The Rebel State Park and the Louisiana Country Music Museum will have over 75 quilts on display from ladies and gentlemen throughout the state of Louisiana. This display will be arranged around the on-going and permanent exhibits in the museum. The museum is open 9 a.m. to 5 p.m. Monday- Sunday. For more information, call (888) 677-3600 or go to www.lastateparks.com/rebel/rebel.htm.

GO RED FOR WOMEN DAY - FEB. 2: Go Red For Women day is a nationwide movement that celebrates the power women have banding together to wipe out heart disease. Everyone is encouraged to wear red that day in support of women and their fight against heart disease. Donations appreciated. For more information, call JoAnn Marshall or Jennifer Wilder or 767-5700

VILLAGE ON THE RED - FEB. 8-11: This embellished historical play, which was written by local playwright Terri Febuary and directed by Tammy Killian, is based on the founding of Alexandria. Admission is free. The play will be performed at the Coughlin-Saunders Performing Arts Center at 7:30 p.m. on Feb. 8-10 and at 2:30 p.m. Feb. 11. For more information, call Terri Febuary: 442-1800

A SALUTE TO SPRING - FEB. 10: The Red River Arts & Crafts Guild will present their annual Salute to Spring one-day show from 9 a.m. to 5 p.m. at Kees Park in Pineville. Parking and admission is free. For booth information, contact Rita Brossette at (318) 445-1962 or e-mail to showlady@suddenlink.com.

CAMPAGNIE FRANCHE DE LA MARINE - FEB. 10: This special program will feature the culture, history and lifestyles of the people in and around the Fort St. Jean Baptiste and the Natchitoches area. Various demonstrations, displays, crafts and skills will be presented by staff and volunteers. Admission for ages 12-62 is \$2. For more information, call (888) 677-7853 or (318) 357-3101.

MARDI GRAS (CONT.)

KREWE OF PROVINE PARADE

FEB. 20

3:30 p.m.

This event rolls around Coliseum Boulevard in Alexandria. For more information, call (318) 442-9484.

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's festivities end with a concert and a Fai-Do-Do (dance) in the town.

For more information about this year's Mardi Gras celebration, call (337) 468-3105 or email vpcoc@yahoo.com

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Simplify your holiday decorating next year with a little organization this year. Wind your light strings around a garden hose coil for easy storage.



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Having trouble removing labels or price tags from that beautiful display piece you just bought? Turn up the heat! Use your hairdryer to heat the label and loosen the glue. Then peel it off, adhesive and all!

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Have a tip or trick to make life around your house easier? Share it with us. E-mail your simple solutions to cvarnado@thetowntalk.com. Be sure to include your name and hometown.

AROUND THE HOUSE

Simple solutions for everyday life

LEADED LEVEL

Keep your wall art level with nothing more than a pencil. Well, two pencils, actually. Cut the erasers off and glue them to the bottom corners of your frame. Not only will it keep the art from sliding around, it prevents scratching on your walls, too!

LIVING COLOR

Organize that tangled mass of keys cluttering up your key ring by using ordinary nail polish to color code keys by function. Set your keys flat on a desk or table and apply a generous coat to the top of each key.

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Louisiana MENTOR is a therapeutic foster care agency serving teens throughout our State in the custody of the Office of Youth Development (OYD) between the ages of 11 and 17. We are looking for adults who are passionate about making a difference in the life of a child through becoming a therapeutic foster parent or volunteer. Our Mentors are provided extensive training, 24-hr professional support and receive compensation while working in their homes. Become involved today through becoming a Certified Mentor working with OYD youth or a Certified Mentor working with DD/MR youth. We provide: A daily stipend of approximately \$47.00, FREE and FLEXIBLE training, and 24 hour professional support. **For more information, please contact Cynthia Granville, B. S., Program Recruiter (318) 448-3747.**

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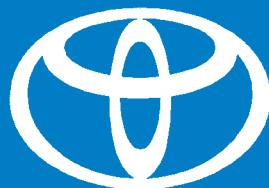
The AutoAmbulator is a sophisticated device unparalleled in its ability to help people replicate normal walking patterns. Developed by HealthSouth, the synchronized robotic legs enable patients to walk safely, utilizing normal gait patterns. The unique design of the AutoAmbulator allows a therapist to create an individualized treatment program for each patient.

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Bridge to Terabithia

Release Date: February 16

Genre: Adventure/Family/Fantasy/Animation

Rating: PG

Length: N/A

Web Site: www.disney.com

The producers who brought us "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe" have teamed again to give life to acclaimed children's novel "Bridge to Terabithia."

"Bridge" is the story of Jess Aarons, a young outsider who's pushed himself all summer to be the fastest runner in his middle school class, only to be outdone by a newcomer – and a girl, at that.

When the two become best friends, they unlock a world of magic and mystery that changes their entire lives.



The Astronaut Farmer

Release Date: February 23

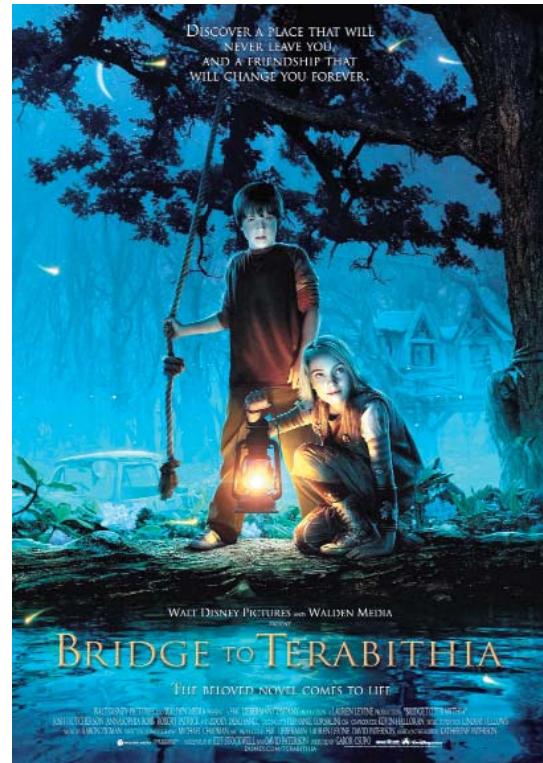
Genre: Drama

Rating: PG

Length: N/A

Web Site: www.theastronautfarmermovie.com

Charles Farmer is an ex-astronaut who pursues his dream of space flight by building his own rocket. As fore-



closure, disbelievers and federal officials threaten his launch, Farmer hopes to give his children the courage to follow their own dreams – no matter how long the odds.



VIDEO GAME PREVIEW

CALLING ALL CARS

Developer: Sony Computer Entertainment

Release Date: February 5, 2007

Every child has, at one time or another, played Cops and Robbers. Now Sony Computer Entertainment takes this timeless game to a new level with their February 5 release, "Calling All Cars."

In "Calling All Cars," players race their cars through four exciting and interactive 3D levels in pursuit of escaped criminals. Points are earned for each captured criminal returned to jail. Look out, however, as opponents can ram each other to pilfer the bad guy and return him to jail themselves.

The game features some 10 vehicles from which to choose, and players can seek out weapons like homing missiles, drop mines and giant sledge hammers to use against their opponents.

Split-screen online gaming allows up to four players to join the fray, and the 1080p HD high resolution display means gamers will feel immersed in all the game's cartoon action.

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Veggie Tales: Doo the Moo Shoo

Voy Baby: Discovering Colors

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2006 Year in Review

Dora the Explorer: Musical School Days

Walt Disney's It's a Small World of Fun, Vol. 3

Walt Disney's It's a Small World of Fun, Vol. 4

February 20

What's New Scooby-Doo: Season 1

February 27

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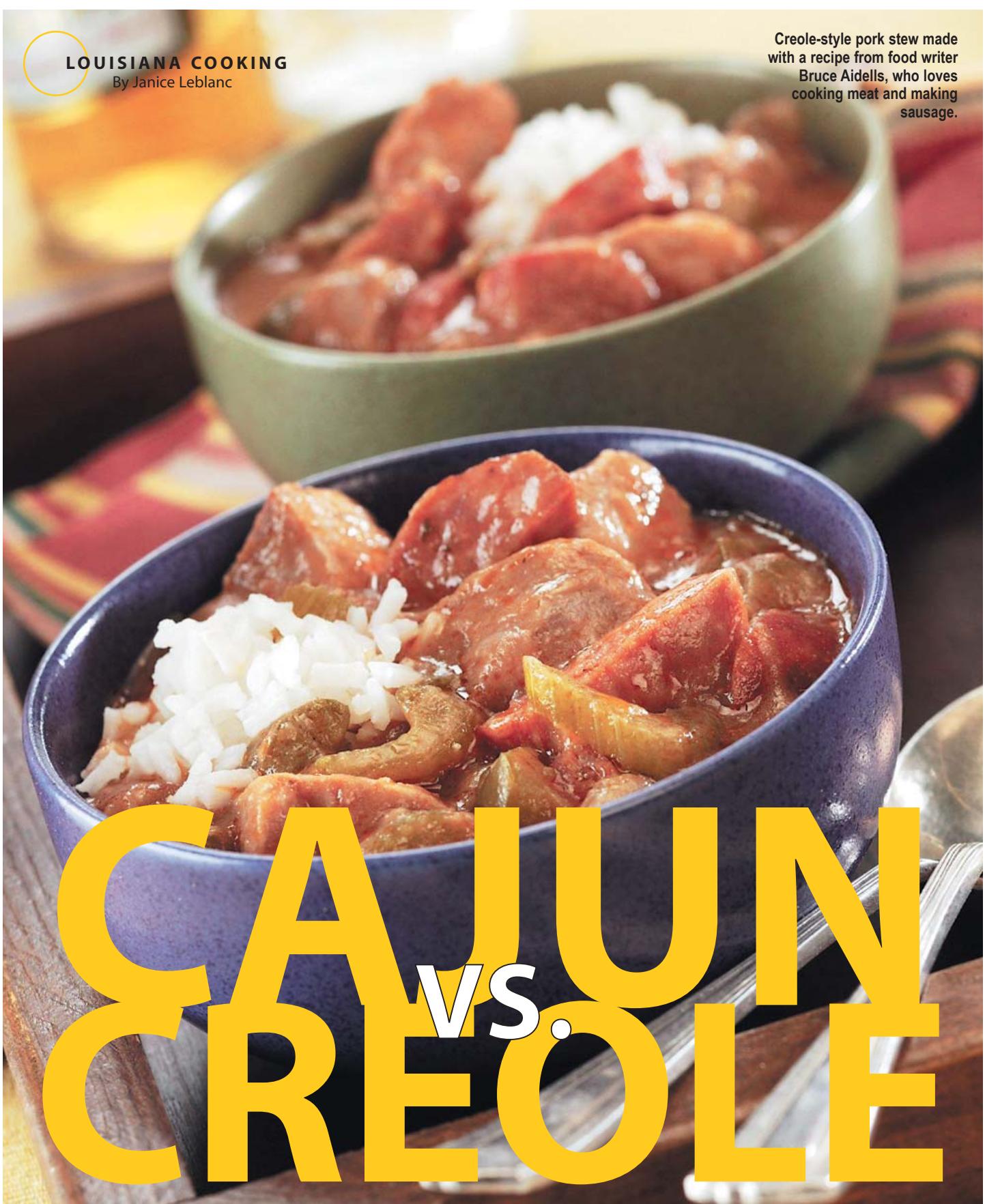
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LOUISIANA COOKING
By Janice Leblanc

Creole-style pork stew made with a recipe from food writer Bruce Aidells, who loves cooking meat and making sausage.

CAJUN VS. CREOLE



Have you ever been asked, "What's the difference between Cajun cooking and Creole cooking?"

That question first evolved in the early 1980s – when South-Central Louisiana started to identify itself as Cajun Country. Once-nationally renowned chef Paul Prudhomme made it fashionable to be Cajun. Prior to that, there was no label on the cuisine of the rice prairies of South Louisiana.

Today, we commonly accept the idea that Cajun cuisine is the rural cooking style that developed from the French Acadians who settled along the prairies and bayous. Creole cuisine developed in a more sophisticated urban setting, influenced by the African, Caribbean, French and Spanish settlers who populated the Crescent City and its outlying plantations. Through trade along the Mississippi, the Creole people had access to many different ingredients that the rural Acadians did not grow or raise far west of New Orleans.

Take gumbo for example. West of the Mississippi, typical gumbo is a thin, brown soup,



Brad Hawthorne of Alexandria prepares Cajun fried shrimp at a fundraiser at the River Oaks Square Arts Center.

made primarily of meat or shellfish, plus seasoned vegetables. Cajun gumbo. On the east side, gumbo is more like stew, made with chunks of tomato and okra. Creole gumbo.

Have you ever been to a jambalaya cook-off? Attend one on the east and see the red jambalaya. The competitors to the west will have a brown jambalaya base. They're as different as Zatarain's (east) and Tony Chachere's (west).

Interestingly enough, Tony Chachere lived his entire life in Opelousas, a Creole city in the heart of Cajun country. At age 65, he gathered his lifetime of Cajun and Creole recipes into a cookbook which he titled "Cajun Country Cookbook." Four years later, he began producing his favorite seasoning blend for retail sales. He called it "Creole Seasoning." Over the next 25 years, he was asked countless times to change its name to "Cajun Seasoning," but he never did.

Louisiana is the better today for the blending of Cajun and Creole influences into a delicious, distinctive cuisine.

Shrimp Creole

4 tablespoons margarine
1 stalk celery, chopped
1 bell pepper, seeded and chopped
2 large onions, chopped
1 (16 ounce) cans crushed tomatoes
1 1/4 cup shrimp or beef stock
2 pounds fresh shrimp, peeled and deveined
1 teaspoon minced garlic

Heat 2 tablespoons margarine in Dutch oven over medium heat. Saute celery, pepper, onion and garlic until soft. Add tomatoes and 1 cup stock and simmer 30 minutes. Heat remaining margarine in a skillet over high heat. Saute shrimp and garlic until shrimp turn orangey-pink. Deglaze pan with remaining stock. Add shrimp and pan juices to the simmering tomato mixture. Add Creole seasoning. Serve over rice. Yields 6 servings.

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Love Everyone By Jennifer Atwood Ruiz

Love is one of the greatest gifts we, as humans, were given. Love can take on many forms, like the love you have for your children, your parents, your special someone, your friends, and your pets. I didn't realize how much I could love someone until I had my son Cody. Then when my daughter Kayla was born, I didn't

know how I would be able to love her as much as Cody. I soon found out that love grows and there is plenty to go around. This time of year, our society accentuates that we need to show our significant other that we love and appreciate them. What about the other special people in our lives? This valentines day don't just show your spouse or boyfriend that you love them, show everyone that means something special to you how much you love and care them. Whether it's sugar cookies with icing hearts for your daughter, a box of cream centers for the neighbor next door, Gourmet Truffles for your best friend, or a barkers dozen for your puppy, let Atwood's help you show your family and friends how much you love them.



FAMILY NUTRITION

By Mimi Gormanous, MS, LDN, RD

With careful planning, vegetarian kids can have

a healthy Lifestyle



Jade Fields, 7, of Pineville enjoys munching on some fresh, healthy vegetables.

Are vegetarian children as healthy as other children? According to the American Dietetic Association and the American Academy of Pediatrics, vegetarian diets can supply adequate nutrients for children, as long as the diet is carefully planned.

Vegetarianism is centered around fruits, vegetables, grains, and legumes – the basis of a healthy diet. It's generally high in fiber, low in cholesterol, and low in saturated fats – better than most American diets. However, vegetarians need to make sure their diet contains certain nutrients and children need to make sure they get enough calories and fat for adequate growth.

CALORIES/PROTEIN

Produce and whole grains provide a lot of fiber (bulk) in the diet. Offer dried fruit and fats such as seeds, nuts, and nut butters to provide calories, minerals and protein. Other good protein sources include legumes, soy products, meat analogues, dairy products, and eggs.

CALCIUM/VITAMIN D

Calcium-fortified juices, cereals, and soy and rice beverages are good sources of calcium for vegans. Also, broccoli, sweet potatoes, great northern and navy beans, and leafy

KID-FRIENDLY VEGETARIAN SNACKS

- Fruit, raisins
- Applesauce
- Trail mix
- Fruit smoothies (with soy milk)
- Popcorn
- PB& J sandwich
- Soy cheese sandwich
- Hummus and carrots
- Bean burrito



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greens have calcium. Vitamin D is in milk, egg yolks, and fish. Your body also makes Vitamin D when exposed to sunlight.

IRON

Iron deficiency anemia is the most common nutritional deficiency in childhood. Meat is the best source of iron and is better absorbed than iron from plant foods. However, eating foods high in Vitamin C (like fruits or juice) along with other foods (beans/peas, cereal, eggs, raisins) will enhance iron absorption.

VITAMIN B12

B12 is only absorbed from animal products, so your child will need to eat foods fortified with B12.

Some breakfast cereals (Total, Nutri-Grain), nutritional yeast, and meat analogs contain this vitamin, so read labels.

ZINC

The best sources of zinc are meat and yogurt. Again, eat fortified foods. Zinc is also found in wheat germ, whole grains/cereals, brown rice, and legumes.

CHALLENGES

A vegetarian diet, like any special diet, can have its challenges. For children, school lunch and snacks may need to be brought from home, though some items (juice, fruits, vegetables, baked pota-

toes) would be appropriate. Plan ahead during holiday and birthday parties and share something vegetarian.

Eating out can also be a challenge, especially if your child becomes a picky eater. Most restaurants are willing to make substitutions, though many kids meals are meatless – spaghetti, mac and cheese, cheese pizza.

Teens sometimes become vegetarian because they believe killing animals is immoral.

However, vegetarian diets are somewhat more common among teens with an eating disorder (they restrict their food intake by eliminating food groups), but it does not cause the eating disorder.

Just pay special attention to your children's concerns.

Socially, your

child does not want to be excluded because of his diet/lifestyle, and teasing is common. But many kids require special diets due to food allergies, diabetes, or religious beliefs.

The best way to raise a healthy vegetarian child is to make sure he/she eats a variety of foods and takes a multivitamin. Just like any child, limit sweets and junk food, encourage exercise, and be a good role model.



FATHERHOOD

By Cary R. Varnado



Where did all the Time? go!

I suspect that each one of us, at one time or another, has been told by his or her parents about how quickly time passes.

"It seems like only yesterday you were a tiny baby in my arms," my

mother used to say.

Like most children, I scoffed at such a notion. For a child, time ticks by at an agonizingly slow pace. *How many more minutes until I can go play? How many more days before Saturday cartoons? How many more weeks before summer vacation? How many more*

FATHERHOOD

By Cary R. Varnado

months before I get my driver's license? How many more years before I can have a place of my own?

Indeed, it seems a curse of human nature to make an enemy of time; while it never passes fast enough to suit the child, we adults seem obsessed with slowing it down, even turning back its pages.

I have to confess I've felt robbed by time quite often of late. Looking at my now 11-month-old Katelyn, I cannot help but wonder where the last year has gone.

It seems like only a month or two ago that our little miracle weighed a scant seven pounds and slept away most of each day.

But a mere blink later, she's three times that size and is beginning to crawl and walk – yes, walk! – everywhere. She now boasts six very cute (and sharp) teeth, an eye for animals and ears that adore all varieties of music.

I may never be able to slow down the clock of my life, to recapture those precious moments with my wife and daughter, but I can always treasure the time I'm given.

With such rapid changes taking place before my very eyes, it's easy to see why so many people in our culture view the passing of time with such disdain. After all, if all this growing up can happen so rapidly, how long will it be before Katelyn is riding a bicycle down the street? Or wanting to go shopping with her mom? Or, worse yet, dating boys? (Mental note: Go home and clean guns, check ammo supply.)

Truth be told, I can't worry (too much) about what the future holds. While it's very much in my nature to do so, the whole experience of Jennifer's pregnancy, Katelyn's birth and her life since have been powerful reminders to me that I'm just a passenger in this journey called life, and worrying about the future won't change its outcome one bit.

One of my favorite movie characters has a line that I once dismissed as poetic Hollywood nonsense, but which now strikes a chord with me.

"I prefer to think of time as a companion who goes with us on our journey," he says, "and reminds us to cherish every moment – because they'll never come again."

I may never be able to slow down the clock of my life, to recapture those precious moments with my wife and daughter, but I can always treasure the time I'm given.

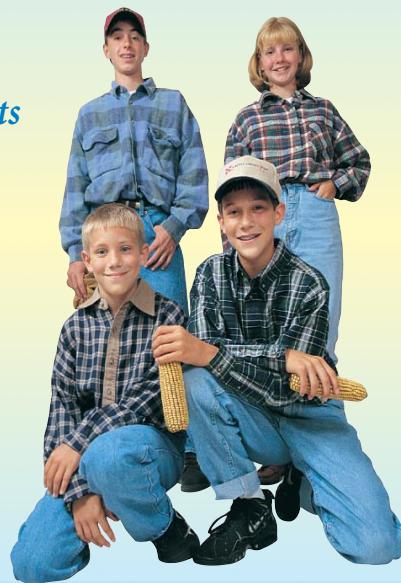
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GARDENING MADE EASY

By Gale Trussell

It's time for shrubs



February is an excellent time to plant shrubs. They are still in dormancy. Time is needed to adjust themselves to a new location before putting out leaves.

If your shrubs are obtained from a nursery, check with the staff to see whether or not the plant needs acidic soil; this is critical to the plant's survival. Have your soil's acidity tested before planting. Make certain that the selected shrubs are suitable for plant zone eight, the zone for Central Louisiana. Shrubs that are suited to zones with higher or lower numbers are not likely to thrive in our zone.

When you are ready to plant, make certain that your shrubs are located in a place where they will get the right amount of light. Some plants require full sun; others require full shade. If you are not certain how much sun they will need, you can obtain such information from books on shrubs at your local library.

Another consideration is the plant's water requirements. Some need vast amounts of water, while others need very little.

The final consideration is the plant's size at maturity. Will it shade out or crowd other plants in your garden? Will it blend with the other colors that already exist?

To plant a shrub properly, dig a hole in the soil approximately twice the diameter of the shrub's nursery container. Dig deep enough to place the top of the plant about four inches below the surface of the surrounding soil. This configuration will trap water and cause it to go directly to the plant's roots and not drain away. Fill the space around the shrub with a mixture of organic materials, such as potting soil, plant-starter blends or manure mixed with compost. Fill the area at the top of the hole with mulch.

Some good materials to use are leaves, pine straw and tree bark. This mulch will hold moisture in the ground and slowly decompose into rich organic materials that the plant can use for growth.

When the shrub's roots start to grow in the spring, they need to move into soft soil to get a good start. If they are in hard clay or rocky soil, they will have a difficult time adjusting to their sit. If the shrub happens to be over three feet tall they should be staked to keep them from blowing over in spring storms. Leave them staked for one year, then remove the stake.

As soon as the shrub is in the ground, water it very heavily for the first three days to remove air spaces in the soil. Add time-release fertilizer immediately to jumpstart growth and stimulate leaf and flower production. A high-nitrogen fertilizer is suggested at the start, as it will cause the production of leaves that will produce food for the plant through photosynthesis.

These tips should give your shrubs a great start and enhance your garden.

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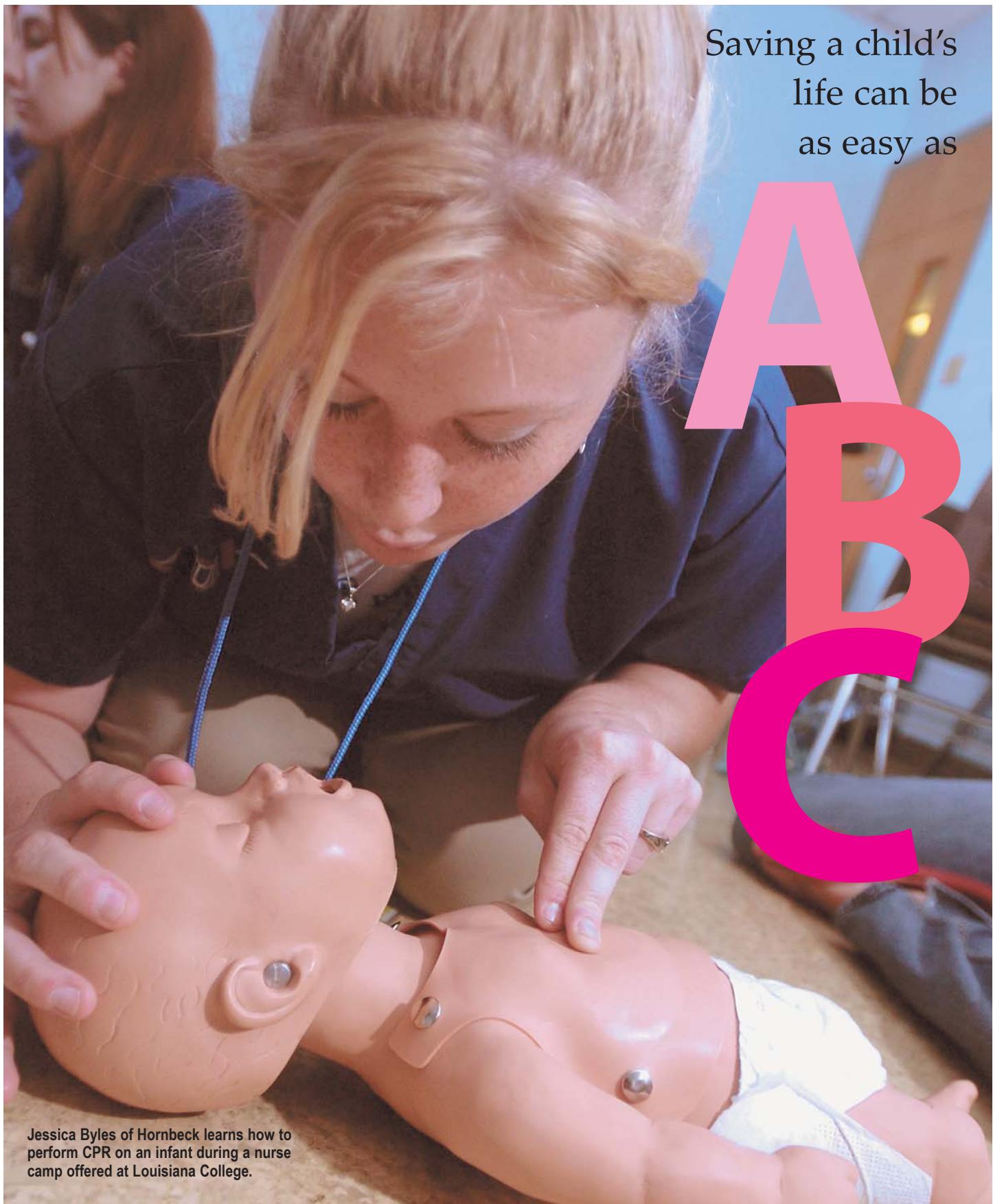


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Saving a child's
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A
B
C



Jessica Byles of Hornbeck learns how to perform CPR on an infant during a nurse camp offered at Louisiana College.

CPR for children has different procedures than that for an adult. Infant CPR should be performed on infants under 12 months. Child CPR should be performed on children under the age of 8. While these procedures are similar, there are different procedures because of the delicacy of an infant and a child's body. When performing CPR, it is important to remember the A-B-C-s:

A-B-C-s of Infant CPR

A- Airway: Look, listen, feel for signs of breathing. If not breathing, gently lift chin up.

B- Breathing: Cover mouth and nose with your mouth forming a tight seal. Give one little puff of air, watching for the infant's chest to rise.

C- Circulation/Compressions:

Check for pulse at the brachial artery (on inside of upper arm between shoulder and elbow); If there is no pulse place two fingers in the middle of the chest just below the infant's nipples and do five compressions. Repeat one breath, then continue with five compressions to one breath.

Knowing what to do in an emergency is crucial. The CPR Training Center says that brain death occurs within approximately six minutes of a heart stopping. Having more people trained to respond in an emergency means there will be fewer premature deaths or extended periods of injury or illness. And this is not just strangers we're talking about. Studies show that 90 percent of people who perform CPR actually do so on someone they know.

INFANT & CHILD CPR QUIZ

- 1) The American Heart Association recommends using Child CPR for ages:
 - a) 8 and under
 - b) 12 and under
 - c) 15 and under
 - d) 18 and under
- 2) The ratio of chest compressions to breaths when performing Child CPR is:
 - a) 10:2
 - b) 5:2
 - c) 10:1
 - d) 5:1
- 3) To check an infant for responsiveness, you should:
 - a) shake him
 - b) shout at him without touching him
 - c) blow in his face and gently slap him
 - d) pat his feet and gently tap his chest and shoulders
- 4) If a child is unresponsive and unconscious, you should:
 - a) Dial 9-1-1 immediately and wait for paramedics
 - b) Dial 9-1-1 before starting CPR
 - c) Start CPR before dialing 9-1-1
 - d) Perform CPR and do not dial 9-1-1
- 5) To check for a pulse you feel an infant's _____ and a child's _____.
 - a) carotid artery; wrist
 - b) brachial artery; carotid artery
 - c) carotid artery; brachial artery
 - d) wrist; wrist

1. a, 2. d, 3. d, 4. c, 5. b
ANSWERS:

In the Know

Many hospitals will offer and/or require parents with chronic or critically ill children to take an Infant/Child CPR course and offer it free of charge. But there are also CPR classes open to the public. The American Red Cross Chapter of Central Louisiana offers several classes a month in various locations throughout the parish. These courses include Adult and Child/Infant CPR techniques. The normal fee for this course is \$25 and you may register by calling 318-442-6621.

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LITTLE EYES

For today's kids, televisions and computers have a very prominent role in their lives. Most homes have more than one television and often even the youngest family members have a television in their bedroom. And computers, with internet access, are almost as numerous as televisions in the typical family today.

Although some television viewing can educate, inform and entertain, plenty of what children learn through television is not what you want to teach them. However, there are ways to allow children to enjoy some television and prevent some of the negative

influence it can have on them.

Along with television, the internet can educate, inform and entertain. But, it also provides children with plenty of access to negative influences.

Thankfully, by setting limits and utilizing available technology, parents can provide children with an enjoyable and safe experience on the television or internet.

According to the American Academy of Pediatrics website, children two and under should not watch television. For children two and older, the AAP recommends one to two hours per day of educational programs.



BY MELISSA GATCH

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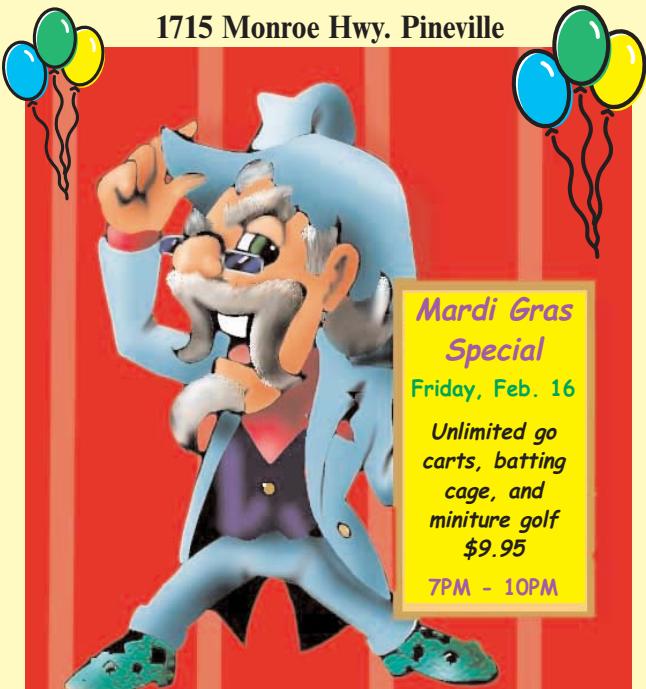


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FAMILY PETS

By Rosalyn G. Bennett

Anthropomorphism.

It means "attributing human motivation, characteristics or behavior to inanimate objects, animals, or natural phenomena". Big word, and it applies to a very big percentage of companion animal caregivers.

It certainly applies to me. I definitely humanize my pets and I don't even have to work at it. The feeling is just there. Not just for my own pets, but for those belonging to family and friends, even to strays. I'm admittedly biased toward dogs, having been a canine caregiver for many years, and from the very first moment of contact, they are never anything to me but furry-coated little people.

And I'm not alone. I personally know many, many

people who feel exactly the same. For whatever reason, we speak to, think of, and

respond toward our pets as if they can hear, understand and react exactly like humans. Perhaps on the level of a perpetually young child, but human, nevertheless. We're certain that they experience joy, excitement, anger, sadness, depression, and disappointment, just like people. When they behave in certain ways, they convince us that they can process information and draw conclusions. That they can think. That they have feelings, emotions, intelligence and consciousness, just as we do.

There is strong opposition to this theory. Many dog trainers and behaviorists recommend against this kind of thinking, saying that what animal caregivers consider human behavior is, instead, reaction to



I have a **Feeling ...**

LA Family Church Directory



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external stimuli, actions conditioned by reflex. They back this up with persuasive examples based on years of study and experience. Their conclusions are eloquent, their arguments compelling. As are those of scientists, those involved with animal data collection who cannot scientifically consider the idea that animal species may possess human characteristics.

They certainly make their point, and there is overwhelming information available on the subject for those who are interested. Unlimited varieties of training manuals and volumes of scientific journals describe with examples, detail in experiments, why animals do not possess human emotions or similar intellect. One has only to make a preliminary search in order to find innumerable references that offer direction to sources of every possible pertinence.

But,

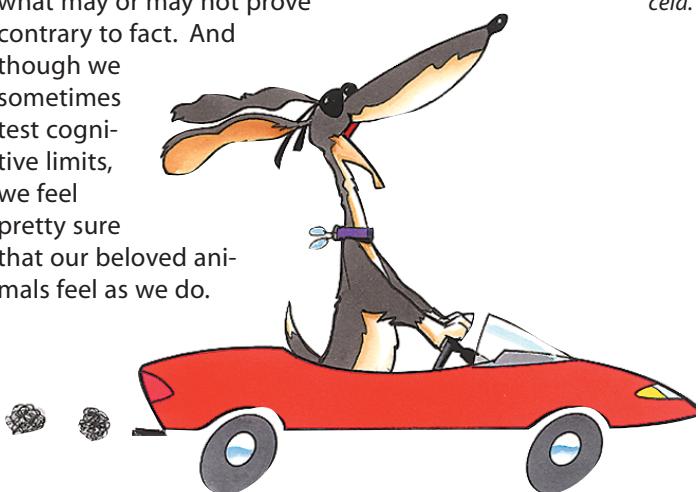
Regardless of empirical evidence, many animal lovers are likely to remain unconvinced. From our personal observation, we choose to believe that our pets are perfectly capable of human reactions. We are unable to separate our emotions from what may or may not prove contrary to fact. And though we sometimes test cognitive limits, we feel pretty sure that our beloved animals feel as we do.

We reinforce these feelings when we share our experiences with like-minded animal caregivers, knowing our stories will be heard with sympathy, empathy and a strong sense of been there/done that.

Far be it from me to dispute qualified professionals. They're entitled to their views, just as I am. Where they have verifiable evidence, I have only internal feelings based entirely on involuntary, entirely unsolicited emotional bonds, and I am only one of many. Surveys exist which show that the vast majority of pet owners think of and treat their pets as human family members. We name them, remember their birthdays, take them to professionals for treatment when they're sick or injured, grieve when they die and miss them long after they're gone. Much like we do humans we know and care about.

And so. I'm undeniably an anthro-what?, delusional or not. Logic doesn't always dictate emotion, certainly not when it applies to my pets, but when all is said and done, I'm fairly certain that I, and others like me, are the ones who know what's what.

...et cela est
cela.



Buying a home?

Don't buy a thing until you pick up 'Neighborhoods'!

Coming Saturday, January 27 – **Neighborhoods**, a publication dedicated to new homes and developments. **Neighborhoods** includes features on new developments, mortgage advice and syndicated columns related to the new home industry. **Neighborhoods** – only in The Town Talk.

**For more information on
Neighborhoods, please contact:**
Gay Murphy at 487-6429
or Kerrie Simmons at 487-6396.

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www.thetowntalk.com



COVER KIDS

Jacob Stansell

Son of Jamie & Michelle Stansell

Hometown: Pineville



Anna DeBusk

Daughter of Susan DeBusk

Hometown: Pineville



Louisiana Family Magazine would like to thank everyone who entered the cover contest. Meet the winners for the two- to four-year-old age group.

Please look for the other age groups' winners on the covers of our upcoming issues.

(Special thanks to photographer Lee Huebner.)

Cover Kids ... almost



Jaden McKinney

Now that we've revealed the winners in our Louisiana Family Magazine Cover Kids contest for the birth to 23 months (January issue) and two to four years categories, we thought we'd share some of the runners up from these categories.

Look for more photos in upcoming issues of Louisiana Family!



Jonavon Herron



Jaden McKinney



Victoria Fatulla

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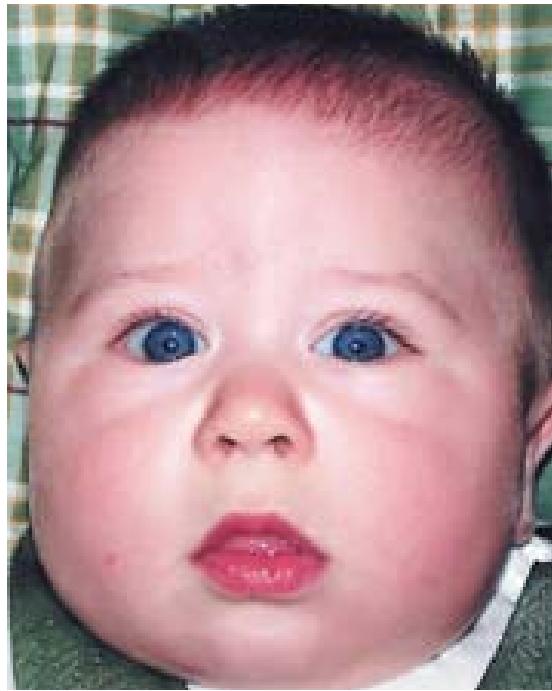
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Molly Bush



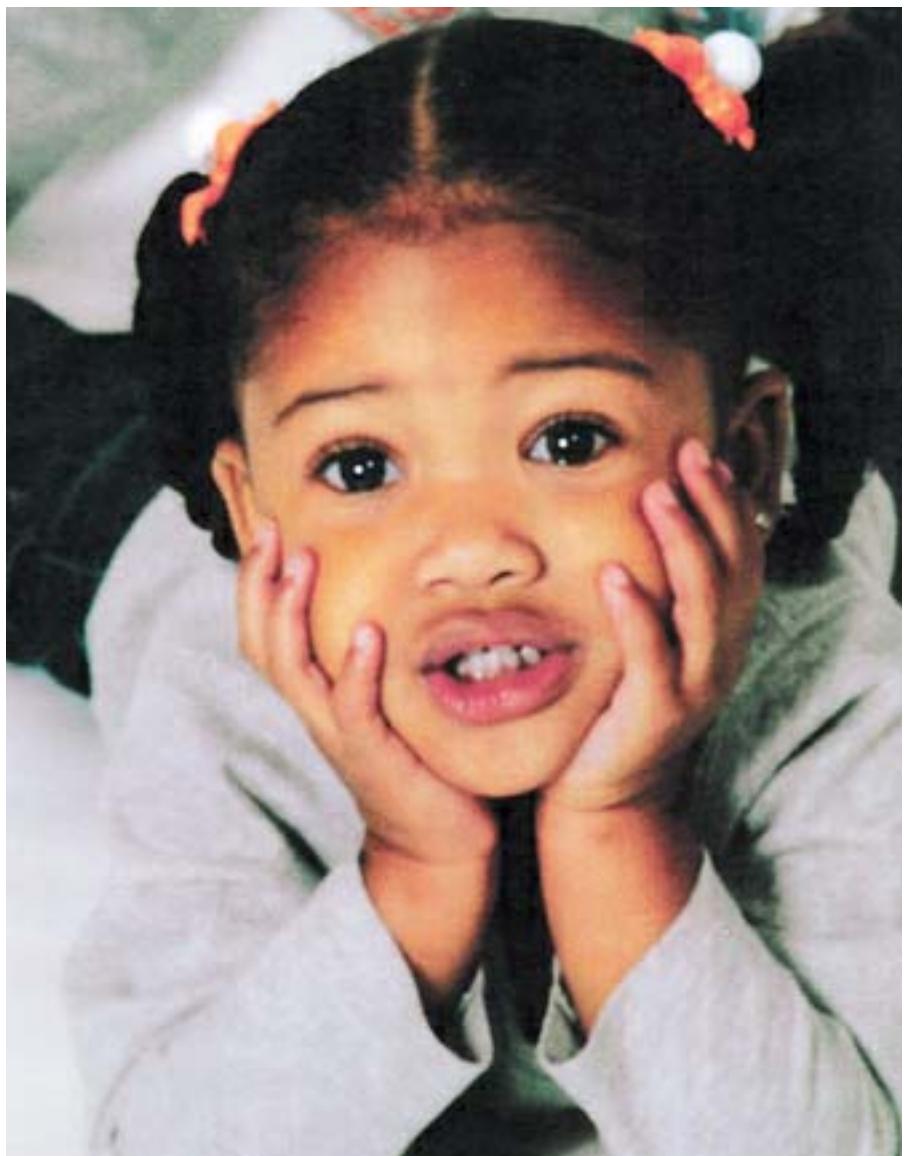
Jackson Blais



Emily Claire Shecton



Emma Zimmerman



Kyra Sherman



MaKayla Harrell



Bethany Morris

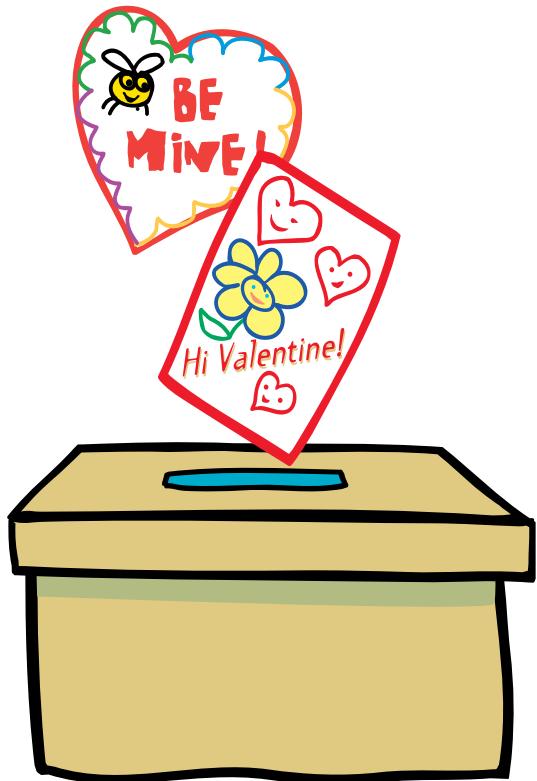


HEARTS FOR THE TROOPS

Hey Kids,

You can help cheer up the men and women of our armed services this Valentine's Day by sending them a message from home and a Valentine card. Louisiana Family will mail your message and card, but we must receive your messages by Friday, February 2, 2007.

Write your message and color the valentine and have Mom or Dad mail it to Louisiana Family Heart for the Troops, P.O. Box 7558, Alexandria, LA 70301.



YOUR VALENTINE MESSAGE



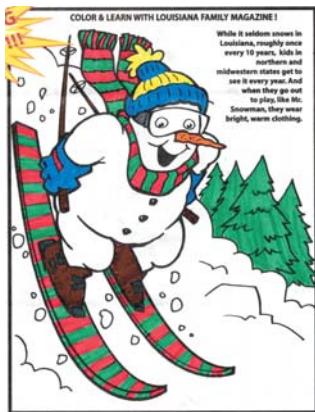
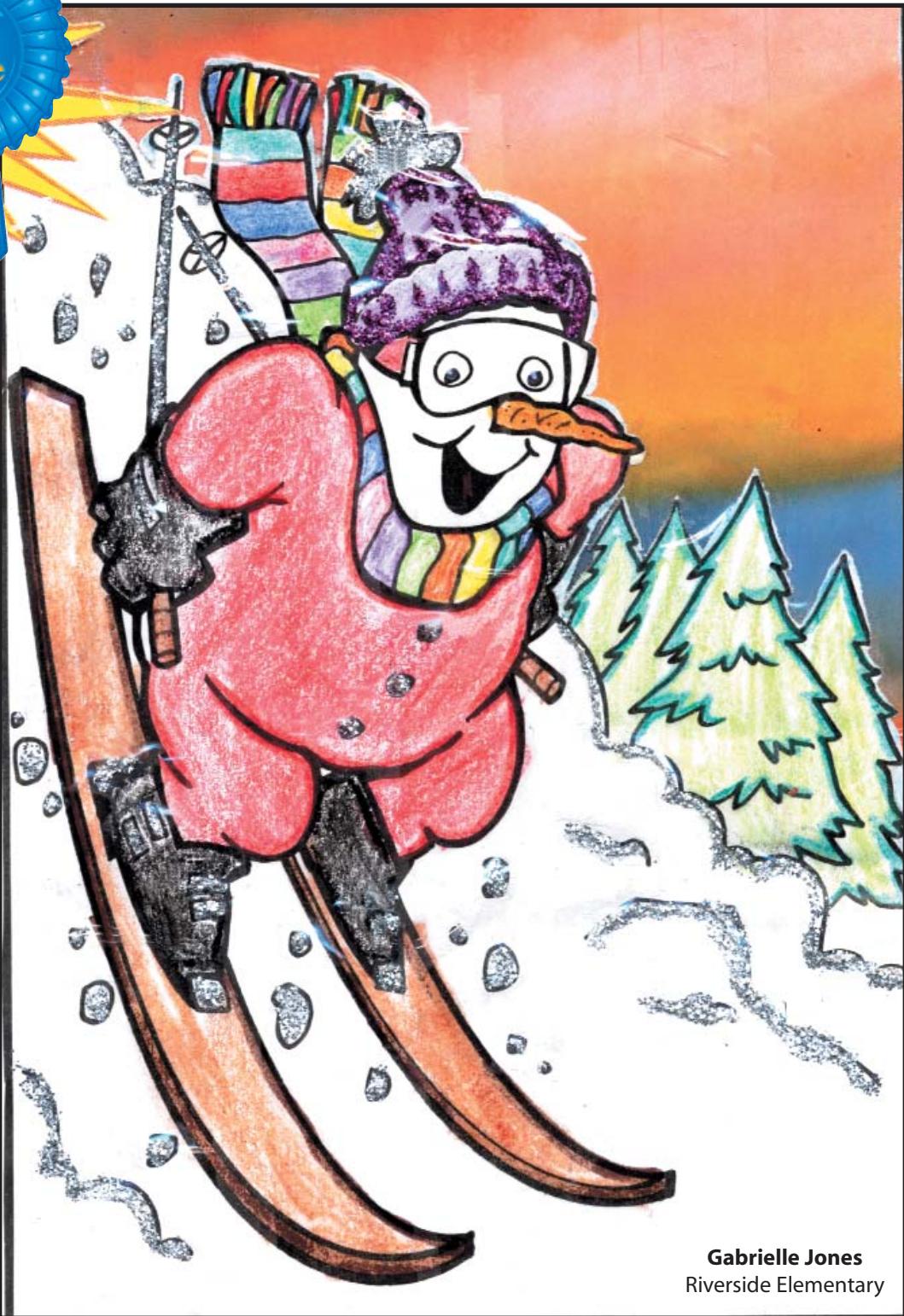


KIDS' CORNER

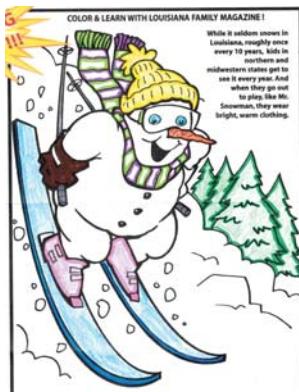
Fun stories & activities to inspire young minds

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.



Caitlin Coates
Mary Goff Elementary



Haley Cutts
Brame Middle School

Gabrielle Jones
Riverside Elementary



KIDS' CORNER

Fun stories & activities to inspire young minds

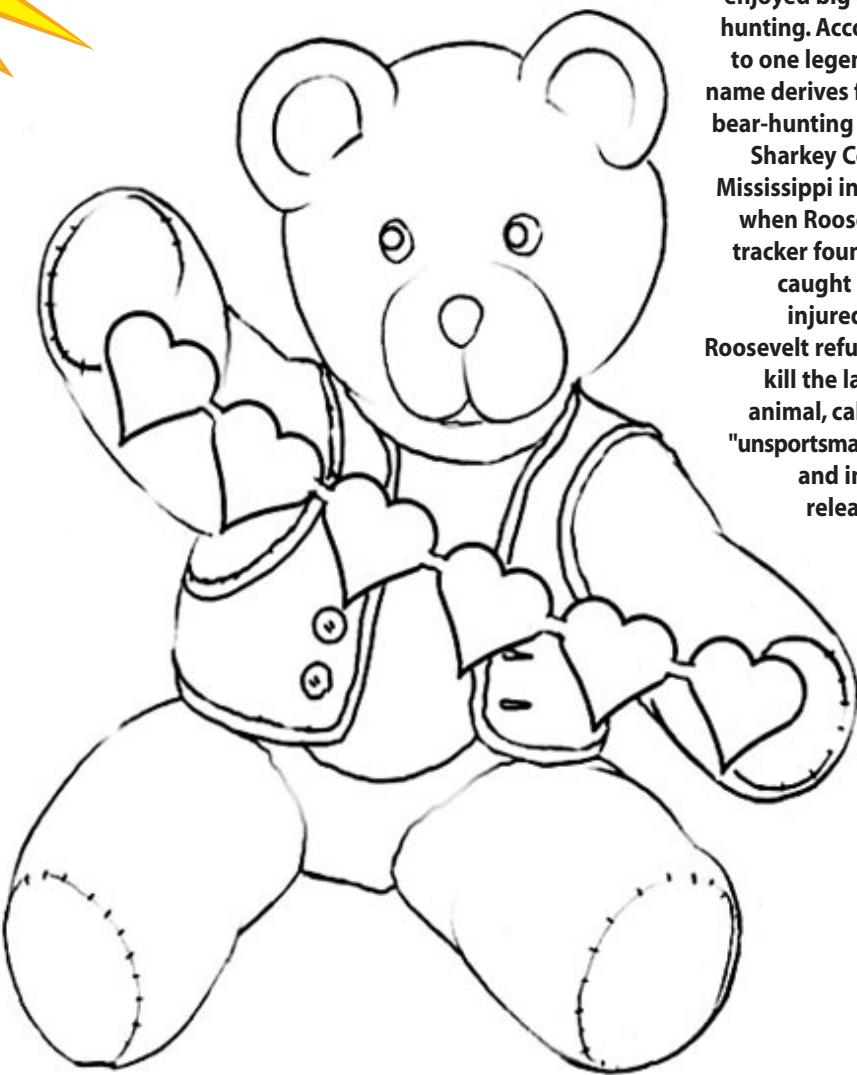
COLORING CONTEST!!!

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, February 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 !



Theodore Roosevelt, nicknamed "Teddy", enjoyed big game-hunting. According to one legend, the name derives from a bear-hunting trip in Sharkey County, Mississippi in 1902, when Roosevelt's tracker found and caught an old injured bear. Roosevelt refused to kill the lassoed animal, calling it "unsportsmanlike", and instead released it.

NAME: _____

SCHOOL: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

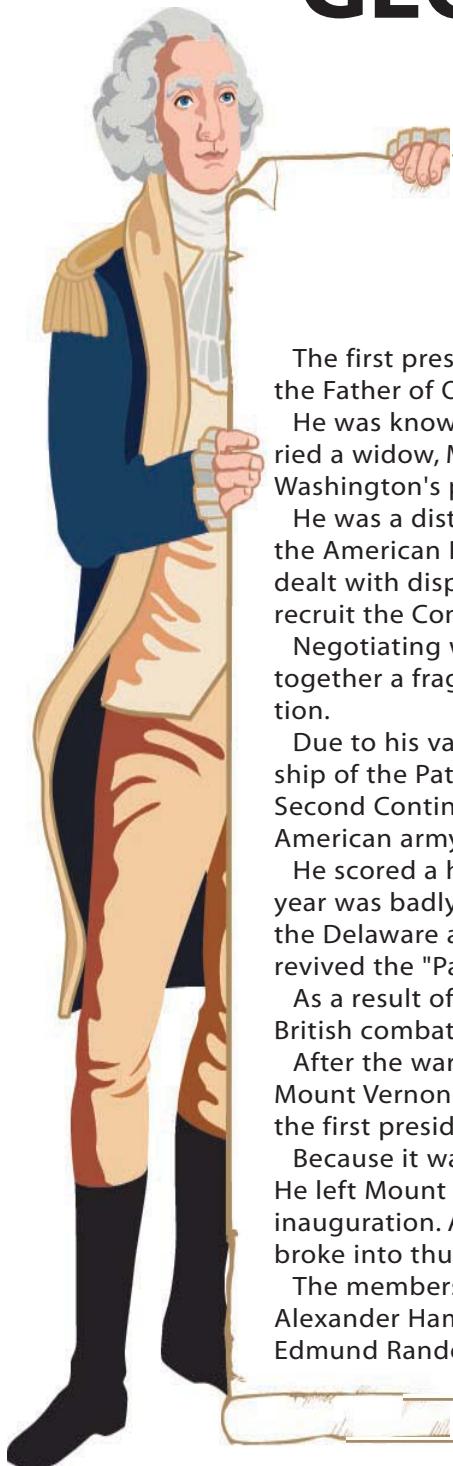
AGE/GRADE: _____

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



GEORGE WASHINGTON

The Father of our country



First President

Born: February 22, 1732 • Died: December 14, 1799

The first president of the United States, George Washington, is often referred to as the Father of Our Country.

He was known for his love of the land and farming, and his dislike of war. He married a widow, Martha Dandridge Custis, and they lived at Mount Vernon, Washington's plantation in Virginia on the Potomac River.

He was a distinguished general and commander in chief of the colonial armies in the American Revolution. He handled relations with the states and their militias, dealt with disputing generals and colonels, and worked with Congress to supply and recruit the Continental army.

Negotiating with Congress, the states, and French allies, he was able to hold together a fragile army and a fragile nation despite the constant threat of disintegration.

Due to his vast experience, his military bearing, his enormous charisma, his leadership of the Patriot cause in Virginia, and his political base in the largest colony, the Second Continental Congress chose him in 1775 as commander-in-chief of the American army.

He scored a huge victory by forcing the British out of Boston in 1776, but later that year was badly defeated and nearly captured when he lost New York City. By crossing the Delaware and defeating enemy units in New Jersey in the dead of winter, he revived the "Patriot" cause.

As a result of his strategic oversight, Revolutionary forces captured the two main British combat armies, first at Saratoga in 1777 and then at Yorktown in 1781.

After the war was over, Washington hoped he would be able to retire and return to Mount Vernon. Instead, in 1789, the electors unanimously voted George Washington the first president of the United States.

Because it was such an honor, and he felt a great duty to his country, he accepted. He left Mount Vernon on April 16 and arrived in New York City on April 30 for his inauguration. As he took his oath standing on the balcony of Federal Hall, the crowd broke into thunderous cheers.

The members of his first Cabinet included Thomas Jefferson as secretary of state, Alexander Hamilton as secretary of the treasury, Henry Knox as secretary of war, and Edmund Randolph as attorney general.



ABRAHAM LINCOLN

THE GREAT EMANCIPATOR

Born: February 12, 1809

Died: April 15, 1865

Assassinated at Ford's Theatre in Washington, D.C. by John Wilkes Booth

He was the 16th president of the United States and the first Republican president. He is best known for ending slavery and preserving the Union through his supervision of the Federal (i.e., Northern) forces during the American Civil War.

His eloquence is evident in many speeches including his most famous one, the Gettysburg Address. In it, he rededicated the nation to freedom and democracy and remains a core component of the American value system. His second inaugural address, which includes the phrase, "With malice toward none; with charity for all..." is inscribed on one wall of the Lincoln Memorial in Washington, D.C.

To achieve his main goal of preserving the Union, Lincoln first ended slavery in the Confederacy through his Emancipation Proclamation (1863), then in 1865 secured passage of the Thirteenth Amendment to the U.S. Constitution to abolish slavery forever. He took personal charge of Reconstruction, seeking to speedily re-unite the nation through a policy of generous reconciliation. He was opposed by the Radical Republicans, who advocated much harsher policies.

His leadership qualities were evident in his bringing all factions of the party into his cabinet, in defusing a war scare with Britain in 1861, in handling the border slave states in 1861, and in his landslide reelection in the 1864 presidential election.

He was assassinated by John Wilkes Booth.

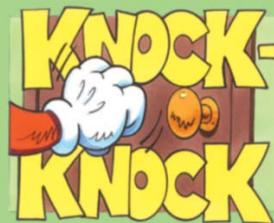
THE GETTYSBURG ADDRESS

Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation, so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we can not dedicate—we can not consecrate—we can not hallow—this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us—that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion—that we here highly resolve that these dead shall not have died in vain—that this nation, under God, shall have a new birth of freedom—and that government of the people, by the people, for the people, shall not perish from the earth.

Jokes & Riddles



Q: What did the chocolate bar say to the lollipop?

A: Hello, sucker!

Knock-knock.
Who's there?
Dishes.
Dishes who?
Dishes the President
of the United States.
Please open the door.

What Rhymes with Hug?

List 10 words that rhyme with "hug."



1. _____ 2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____ 8. _____
9. _____ 10. _____

Some answers: bug, chug, drug, dug, lug, mung, plug, ping, rug, shrug, slug, smug, snug, tug



The History of Valentine's Day Cards

Whether you are five or 15, you have probably exchanged Valentine's Day cards with your friends and classmates. It is a practice that started long ago in the Middle Ages when people told or sang their feelings to one another.

Around 1400, actual written Valentine's Day cards began to appear. Made of colored paper, inks and watercolors, these were done by hand in various styles. While rebus valentines used tiny pictures in place of some words, for example, pinprick valentines were pricked with a needle to look like lace.

Eventually the process of making Valentine's Day cards was moved into factories where workers painted black and white pictures on them and added real lace and ribbons. In the mid-1800s, paper lace was introduced, and by the late 1800s, all cards were made by machine. Today, while some valentines are still handmade, the majority is machine made.

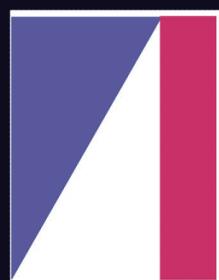
COLORING PICTURE



Factor or Fiction? PRESIDENTIAL CHALLENGE

Did you know that Presidents George Washington and Abraham Lincoln were both born in February? Washington was born on February 22, and Lincoln on February 12. Instead of celebrating their birthdays separately, however, many people choose to honor the two and all other presidents on Presidents Day, held each year on the third Monday in February. Here are some questions about the American presidents. How many can you answer correctly?

- 1) James Buchanan was the only president who never married. Fact or Fiction?
- 2) President Lyndon B. Johnson was sworn into office on a plane. Fact or Fiction?
- 3) John Adams was elected president although he did not receive the popular vote. Fact or Fiction?
- 4) Presidents John Adams and Thomas Jefferson died on the same day. Fact or Fiction?
- 5) President Rutherford B. Hayes had the most children. Fact or Fiction?
- 6) Teddy and Franklin Roosevelt are the only grandfather-grandson pair to have served as president. Fact or Fiction?
- 7) George Washington was the first president to live in the White House. Fact or Fiction?
- 8) Bill Clinton was the only president to serve two terms that did not fall back to back. Fact or Fiction?
- 9) Richard Nixon was the only president to resign. Fact or Fiction?
- 10) Woodrow Wilson was the first president to speak on television. Fact or Fiction?



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