



# Memorial Day

**Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service.** There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women's groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, "Kneel Where Our Loves are Sleeping" by Nella L. Sweet carried the dedication "To The Ladies of the South who are Decorating the Graves of the Confederate Dead" (Source: Duke University's [Historic American Sheet Music, 1850-1920](#)).

While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860's tapped into the general human need to honor our dead, each contributed honorably to the growing movement that culminated in Gen Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about

coming together to honor those who gave their all.

Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his [General Order No. 11](#), and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.

In 1915, inspired by the poem "[In Flanders Fields](#)," Moina Michael

replied with her own poem:

We cherish too, the Poppy red  
That grows on fields where valor led,  
It seems to signal to the skies  
That blood of heroes never dies.

She then conceived of an idea to wear red poppies on Memorial day in honor of those who died serving the nation during war. She was the first to wear one, and sold poppies to her friends and co-workers with the money going to benefit servicemen in need. Later a Madam Guerin from France was visiting the United States and learned of this new custom started by Ms. Michael and when she returned to France, made artificial red poppies to raise money for war orphaned children and widowed women. This tradition spread to other countries. In 1921, the Franco-American Children's League sold poppies nationally to benefit war orphans of France and Belgium. The League disbanded a year later and Madam Guerin approached the VFW for help. Shortly before Memorial Day in 1922 the VFW became the first veterans' organization to nationally sell poppies. Two years later their "[Buddy Poppy program](#)" was selling artificial poppies made by disabled veterans. In 1948 the US Post Office honored Ms Michael for her role in founding the National

Poppy movement by issuing [a red 3 cent postage stamp](#) with her likeness on it.

Traditional observance of Memorial Day has diminished over the years. Many Americans nowadays have forgotten the meaning and traditions of Memorial Day. At many cemeteries, the graves of the fallen are increasingly ignored, neglected. Most people no longer remember the proper flag etiquette for the day. While there are towns and cities that still hold Memorial Day parades, many have not held a parade in decades. Some people think the day is for honoring any and all dead, and not

just those fallen in service to our country. To help re-educate and remind Americans of the true meaning of Memorial Day, the "[National Moment of Remembrance](#)" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to [Taps](#)."

On January 19, 1999 Senator Inouye introduced bill [S 189 to the Senate](#)

which proposes to restore the traditional day of observance of Memorial Day back to May 30th instead of "the last Monday in May". On April 19, 1999 Representative Gibbons introduced the bill to the House (H.R. 1474). The bills were referred the Committee on the Judiciary and the Committee on Government Reform.

### [Restore The Traditional Day Of Observance For Memorial Day](#)

¶ To date there has been no further developments on the bill. Nevertheless let us honor those who have given their all in service to their country.

# Mother's Day

By the time you will be reading this, Mother's Day observance will be over. Nevertheless, here are some interesting facts about how this observance began.

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the gods. During the 1600's, England celebrated a day called "Mothering Sunday," which was celebrated on the 4th Sunday of Lent, and it honored the mothers of England.

In the United States, Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. She began holding organized Mother's Day meetings in Boston, MA, every year.

In 1907, Ana Jarvis, from Philadelphia, began a campaign to establish a national Mother's Day. She persuaded her

mother's church in Grafton, WV, to celebrate Mother's Day on the second anniversary of her mother's death, the second Sunday in May. By the next year, Mother's Day was also celebrated in Philadelphia.

Ana Jarvis and her supporters began writing to ministers, businessmen and politicians in their quest to establish a national Mother's Day. It was successful in that by 1911, Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the second Sunday in May.

While many countries of the world celebrate their own Mother's Day at different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia and Belgium that also celebrate Mother's Day on the second Sunday in May.

"If my people, who are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; **then** will I hear from heaven, and will forgive their sin, and will heal their land."  
---II Chronicles 7:14

1. b; 2. f; 3. g; 4. d; 5. a; 6. c; 7. h; 8. e; 9. i; 10. j.

"Hear our humble prayer, O God, for our friends the animals, especially for animals who are suffering; for any that are hunted or lost, or deserted or frightened or hungry; for all that must be put to death. We entreat for them all Thy mercy and pity and for those who deal with them we ask a heart of compassion and gentle hands and kindly words. Make us, ourselves, to be true friends to animals and to to share the blessings of the merciful."  
---Albert Schweitzer

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# From A Mathematical Point Of View

What equals 100%? What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been in situations where someone wants you to give more than 100%.. How about achieving 101%? What equals 100% in life?

Here's a little mathematical formula that might help you answer these questions: If:

A B C D E F G H I J K L M N O P Q R S T U  
V W X Y Z Is represented as:  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19  
20 21 22 23 24 25 26 Then:

H-A-R-D-W-O-R-K

$$8+1+18+4+23+15+18+11 = 98\%$$

And

K-N-O-W-L-E-D-G-E

$$11+14+15+23+12+5+4+7+5 = 96\%$$

But,

A-T-T-I-T-U-D-E

$$1+20+20+9+20+21+4+5 = 100\%$$

AND, look how far the love of God will take you:

L-O-V-E-O-F-G-O-D

$$12+15+22+5+15+6+7+15+4 = 101\%$$

Therefore, one can conclude with mathematical certainty that: While Hard Work and Knowledge will get you close, and Attitude will get you there, it's the Love of God that will put you over the top!

Provided by: NNN0TYF GA,  
with appreciation!

In Florida an Atheist became incensed over the preparation of Easter and Passover holidays. He decided to contact his lawyer about the discrimination inflicted on atheists by the constant celebrations afforded to Christians and Jews with all their holidays while atheists had no holiday to celebrate.

The case was brought before a wise judge. After listening to the long passionate presentation by the lawyer, the Judge banged his gavel and declared "Case dismissed!"

The lawyer immediately stood and objected to the ruling and said, "Your honor, how can you possibly dismiss this case? The Christians have Christmas, Easter and many other observances. Jews have Passover, Yom Kippur and Hanukkah...yet my client and all other atheists have no such holiday!"

The judge leaned forward in his chair and simply said, "Obviously your client is too confused to even know about, much less celebrate, his own atheists' holiday!" The lawyer pompously said,

"Your Honor, we are unaware of any such holiday for atheists. Just when might that holiday be, your Honor?"

The judge said, "Well it comes every year on exactly the same date---April 1st! Since our calendar sets April 1st as 'April Fools Day,' consider that Psalm 14:1 and Psalm 53:1 state, 'The fool says in his heart, there is no God.' Thus, in my opinion, if your client says there is no God, then by scripture he is a fool, thus April 1st is his holiday! Get it ?

Way to go, Judge!

---Provided by: NNN0TYF GA

One person may not be able to change the world, but one person may be able to change the world for someone

## Region Four Conference

For reservation, call the Quality Inn and Suites at 850-877-4437. Be sure to say you are a Navy MARS member

Notify NNN0BME at 850-997-1899, or NNN0IBM at 813-788-9603 That you will attend

# Tallahassee, FL June 29-30, 2007

# Clutter

There have been times when I've needed a tool badly, and I knew I had it, but couldn't find it right when it was needed most. It was here somewhere, but where? So, I went out and bought one. It is certainly possible that everyone one of us have had similar experiences; if so, perhaps it is time to face up to and begin dealing with that age-old problem of clutter.

Most of us would rather take a beating than be told we have to begin the serious business of decluttering, as it just seems too big and overwhelming a project, and too daunting in many ways. Still, read on and see if you're not encouraged with a new mind-set.

Exactly what is clutter? It's something we don't need, don't use, and no longer even notice that we have too much of. Objects that fail to serve a good and useful purpose, or to give us pleasure when we encounter them, qualify as clutter, as do things that are broken (even if we've been meaning, and meaning and meaning to get them fixed). Thus, we can no longer appreciate their real function, value or significance.

Most of us can, at least, confess to paper clutter, and most anything else that qualifies. Clutter dilutes the quality of our daily lives and no longer adds to it as we had hoped when we acquired it. It takes over our lives, causing us to invest far too much of our time and energy going through it to find what we really want, or going around it to get on with the business at hand.

We have been hearing about the need to take better care of our body, taking those steps necessary to ensure a better level of health as well as to stave off, as much as possible, further incursions of ill-health. Perhaps it is time for us to apply some of this wisdom to our homes as well. Think about it: Do our radio shack, and other areas of our home, need to go on a diet?! Just as too much junk food will make us obese, too much unnecessary junk will do the same for a room. Cholesterol clogs our arteries, increasing blood pressure, decreasing the quality of life and reducing our life span. If left unchecked, the health problems it creates can cost vast sums of money and time. Think of clutter as the cholesterol of our homes, accomplishing many of the very things just listed. Changing our eating habits and exercising work wonders for the body; changing our acquiring habits and occasionally having a de-cluttering "exercise" will do the same for our home!

Another unpleasant ailment is constipation, when our body is backed up with waste products it can no longer tolerate and procrastinates doing anything about it. Need I say more about what happens to certain areas of our home if left untreated?

Hopefully, by now, you are beginning to see the importance of, and the need for, de-cluttering. But, there are too many other important things going on each day to which we **must** give our time and attention. And face it, we **dread** the thought of tackling those needy areas, and find the status quo to be the path of least resistance.

However, **consider** the following suggestion proposed by numerous organizing experts whose results have been praised by those who have dared to try it. It is so simple, yet the best solutions usually are. **Commit yourself to 15 minutes of de-cluttering each day. No more, no less.** If you spend more than 15 minutes, it makes the task at hand onerous and pure drudgery that will make you soon lose interest in, and fail to follow through, de-cluttering. Any less and you cannot expect things to magically change on their own without this minimal effort.

Make those fifteen minutes a very focused and active time of sorting through one shelf, drawer, or space at a time, with an eye to eliminating at once what is no longer useful, donating what could be of some use to others, and holding on to bare essentials which you will organize at some later date.

Fifteen minutes sounds so innocuous. Can it possibly make a difference and be virtually painless at the same time? You are challenged to try it and see for yourself. Begin in just one area: the garage, the attic, your radio shack, until you have de-cluttered it as much as you can. Be vicious about throwing out what is no longer useful, needed or of any value to you. It is worth having a yard sale for what you have thrown out, have at it and make some money in the process. If it is valueless, let it go into the junk pile destined for garbage pick-up or a trip to the land fill.

Keep in mind that you cannot clean clutter; you cannot organize clutter. What you can do is eliminate clutter. What cholesterol is to our arteries, clutter is to our home. While things will not be transformed over night, over 7 ½ hours per month, in tiny installments of fifteen minutes each day, can make a **huge difference** in the organization of the spaces in which you live, and in the quality of your life. Organization, simplification, breathing room, accomplishment and self-mastery are the final results.

Everyone should know by now that next month, June 2007, officially begins the hurricane season. This year we are being told to expect 17 name storms. Out of these seventeen storms, we may expect 9 hurricanes, five of which will, in all probability, become major hurricanes. We are also being told there is a 50% chance of the Atlantic and Gulf coast areas being visited by hurricanes this season. In other areas far removed from coastal areas, there may be tornados and floods coming out of hurricane influence. Forewarned is fore-armed. Be prepared for an active hurricane season.

# Nails In The Fence

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."

A verbal wound is as bad as a physical one. Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts

to us. If you are my friend, then I am honored! Please forgive me if I have ever left any holes.

---Uncle Archie

*As a post script to this article sent to me by one of my life-long friends, I am reminded that, as a little boy, I took one of my uncle's hammers and a bag of shingle nails and one day began driving those nails into the ornate porch railing of our home. I covered an area about a foot long of shingle nails that had been nailed as close to each other as I could get them. When my uncle saw them he went inside and told my grandmother, "You won't believe what Ben has just done!" She went out onto the porch and looked at my handiwork on that ornate railing. She told my uncle to leave the nails, for the scars would be ruinous. And I was told to leave the hammer and nails to my uncle from now on. I was then about six years old.*

*When we were growing up we used to hear these words: "Count to ten before saying something you will regret." How many times have we neglected doing so, have flown off the handle and said things we later bitterly regretted? We can say, "I'm so sorry I said what I did; I hope you will forgive me." And we can be forgiven, but usually we have caused a scar that will take a long, long time to heal.*

*The tongue is such a small part of our body, but it is capable of being a wicked, destructive instrument causing damage far beyond its diminutive size. In the New Testament book of James we read: "If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless." 1:26 In chapter three of James he has much more to say about the tongue. Be careful what you say when you are angry; remember the holes that are left behind when nails are pulled out. Use the tongue to speak softly words of kindness, words of appreciation, words of encouragement; and words of adoration, praise and thanksgiving to our Heavenly Father daily! You won't be sorry you did!*

## = SPECIAL EVENT NOTICE =

Your participation is encouraged in USS MIDWAY Museum's inaugural on-the-air operations for special events:

1. USS MIDWAY Aircraft Carrier Museum in San Diego will be on the air on 7242 KHz LSB voice mode on Saturday 2 June 1600Z to 2300Z to commemorate the 65<sup>th</sup> Anniversary of the Battle of Midway. MIDWAY will use call sign NI6IW. QSL cards will be issued.
2. USS MIDWAY Aircraft Carrier Museum in San Diego and dozens of other museum ships, including 4 aircraft carriers and 4 battleships, 2 cruisers, 3 destroyers, several submarines and ships around the world will participate in the annual International Museum Ships Radio Event 8-10 June. MIDWAY will operate on frequency 7260 KHz LSB voice mode. Check out URL <http://users.tellurian.com/freddie/nj2bb/ship-event.html> for more details. MIDWAY will use call sign NI6IW. QSL cards will be issued.

Please spread the word about these special events to other hams.

73s,

Joe Garza

AB6RM, USS MIDWAY Radio Room Volunteer

# Ah, Tools!

**DRILL PRESS:** A tall upright machine useful for suddenly snatching flat metal bar stock out of your hands so that it smacks you in the chest and flings your beer across the room, splattering it against that freshly-stained heirloom piece you were drying.

**WIRE WHEEL:** Cleans paint off bolts and then throws them somewhere under the workbench with the speed of light. Also removes fingerprints and hard-earned guitar calluses from fingers in about the time it takes you to say, "Yeouw ...."

**ELECTRIC HAND DRILL:** Normally used for spinning pop rivets in their holes until you die of old age.

**SKILL SAW:** A portable cutting tool used to make studs too short.

**PLIERS:** Used to round off bolt heads. Sometimes used in the creation of blood-blisters. The tool used most often by all women.

**BELT SANDER:** An electric sanding tool commonly used to convert minor touch-up jobs into major refinishing jobs.

**HACKSAW:** One of a family of cutting tools built on the Ouija board principle. It transforms human energy into a crooked, unpredictable motion, and the more you attempt to influence its course, the more dismal your future becomes.

**WISE-GRIPS:** Generally used after pliers to completely round off bolt heads. If nothing else is available, they can also be used to transfer intense welding heat to the palm of your hand.

**WELDING GLOVES:** Heavy duty leather gloves used to prolong the conduction of intense welding heat to the palm of your hand.

**OXYACETYLENE TORCH:** Used almost entirely for lighting various flammable objects in your shop on fire. Also handy for igniting the grease inside the wheel hub you want the bearing race out of.

**WHITWORTH SOCKETS:** Once used for working on older British cars and motorcycles, they are now used mainly for impersonating that 9/16 or 1/2 socket you've been searching for, over the last 45 minutes.

**TABLE SAW:** A large stationary power tool commonly used to launch wood projectiles for testing wall integrity.

**HYDRAULIC FLOOR JACK:** Used for lowering an automobile to the ground after you have installed your new brake shoes, trapping the jack handle firmly under the bumper.

**EIGHT-FOOT LONG YELLOW PINE 4 X 4:** Used for levering an automobile upward off of a trapped hydraulic jack handle.

**TWEEZERS:** A tool for removing wood splinters and wire wheel wires.

**E-Z OUT BOLT AND STUD EXTRACTOR:** A tool ten times harder than any known drill bit that snaps neatly off in bolt holes thereby ending any possible future use.

**RADIAL ARM SAW:** A large stationary power saw primarily used by most shops to scare neophytes into choosing another line of work.

**TWO-TON ENGINE HOIST:** A tool for testing the maximum tensile strength of everything you forgot to disconnect.

**CRAFTSMAN 1/2 x 24-INCH SCREWDRIVER:** A very large pry bar that inexplicably has an accurately machined screwdriver tip on the end opposite the handle.

**AVIATION METAL SNIPS:** See hacksaw.

**TROUBLE LIGHT:** The home mechanic's own tanning booth. Sometimes called a drop light, it is a good source of vitamin D, "the sunshine vitamin," which is not otherwise found under cars at night. Health benefits aside, its main purpose is to consume 40-watt light bulbs at about the same rate that 105 mm howitzer shells might be used during, say, the first few hours of the Battle of the Bulge. More often dark than light, its name is somewhat misleading. The accessory socket within the base, has been permanently rendered useless, unless requiring a source of 117 vac power to shock the mechanic senseless.

**PHILLIPS SCREWDRIVER:** Normally used to stab the vacuum seals under lids, opening old-style paper-and-tin oil cans and splashing oil on your shirt; but can also be used, as the name implies, to strip out Phillips screw heads. Women excel at using this tool.

**STRAIGHT SCREWDRIVER:** A tool for opening paint cans. Sometimes used to convert common slotted screws into non-removable screws.

**AIR COMPRESSOR:** A machine that takes energy produced in a coal-burning power plant 200 miles away and transforms it into compressed air that travels by hose to a Chicago Pneumatic impact wrench that grips rusty bolts which were last over tightened 30 years ago by someone at Ford, and instantly rounds off their heads. Also used to quickly snap off lug nuts.

**PRY BAR:** A tool used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 50 cent part.

**HOSE CUTTER:** A tool used to make hoses too short.

**HAMMER:** (Continued on page 7)

Originally employed as a weapon of war, the hammer nowadays is used as a kind of divining rod to locate the most expensive parts adjacent the object we are trying to hit. Women primarily use it to make gaping holes in walls when hanging pictures.

**MECHANIC'S KNIFE:** Used to open and slice through the contents of cardboard cartons delivered to your front door; works particularly well on contents such as seats, vinyl records, liquids in plastic bottles, collector magazines, refund checks, and rubber or plastic parts. Especially useful for slicing work clothes, but only while in use. It is also useful for removing large chunks of human flesh from the user's hands.

**DAMMIT TOOL:** Any handy tool that you grab and throw across the garage while yelling "DAMMIT" at the top of your lungs. It is also, most often, the next tool that you will need.

## Pretty Neat

It is possible that your waiter can tell your age by the number of times you eat out each week. Wanta put it to the test? Try this, and be honest!

1. Take the number of times you eat out each week (more than once but less than ten).
2. Multiply that number by 2.
3. Add 5 to that number.
4. Multiply the new number by 50.
5. If you have already had your birthday this year add 1757. If you haven't, add 1756.
6. Now subtract the four digit year that you were born. You should have a three digit number.

The first digit of this result was your original number. The next two numbers are your age! Isn't math wonderful?! It is said that this is the only year (2007) this will work.

Try it on your friends. Have fun! -7-

My grandmother, a sweet but no-nonsense Hoosier farm wife, has always had a disarmingly simple way of letting us know where we stood. Once, a few years ago, I visited her during a vacation from my seminary studies. As we caught up on news about family and friends, she expressed dismay about the recent divorce of a couple who had been close to the family. How could this happen to such good, loving people, she wondered.

Fresh from my class in marriage counseling, I gave a long and what I thought was a penetrating explanation for the breakup of their relationship. When I finished, Grandma pondered for a moment in the silence. "Well," she said thoughtfully, "I don't know either!"

---Gregory A. Hinkle

At the insistence of a reporter, a wealthy man finally decided to reveal the secret of his success. "I first became rich selling homing pigeons," he explained. "Really?" replied the amazed reporter. "How many did you start with?" "Only one," the millionaire answered, "but he kept coming back."

When we were young we probably did not pay a whole lot of attention to the make-up of our body. Today we know more about pills and other medications because of the schedule we keep in taking various prescribed medicines. We know the location of certain aches and pains; we know something about organ functions that have slowed down considerably, slowing us down at the same time. Here follows a quiz that we hope will teach you more about your body than you might know right now. Match the letter figure to the appropriate number: (Answers are in this issue)

- |                                    |               |
|------------------------------------|---------------|
| 1. Ribs                            | a. 5          |
| 2. Normal oral temperature         | b. 12 pairs   |
| 3. Permanent teeth                 | c. 46         |
| 4. Spinal column bones             | d. 33         |
| 5. Sense organs                    | e. 206        |
| 6. Chromosomes in a fertilized egg | f. 98.6       |
| 7. Kidneys                         | g. 32         |
| 8. Total bones in body             | h. 2          |
| 9. Small intestine length, ft      | i. About 20   |
| 10. Adult brain weight in lbs      | j. 3 1/2 to 4 |

## Rules of Chocolate

1. If you've got melted chocolate all over your hands, you're eating it too slowly.
2. Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.
3. Diet tip: Eat a chocolate bar before each meal. It will take the edge off your appetite and you'll eat less.
4. If calories are an issue, store your chocolate on top of the refrigerator. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.
5. If you eat equal amounts of dark chocolate and white chocolate, that is a balanced diet. They actually counteract each other.
6. A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?
7. If you can't eat all your chocolate, it will keep in the freezer. But, if you can't eat all your chocolate, what's wrong with you? (Words to live by!)

### Ah, teenagers!

My daughter wanted to go to her friend's house. While the friend waited on the phone, she loudly protested my decision that she could not go. Why, she wanted to know, couldn't she go? I stated four reasons: It wasn't her turn to go---she was at Susan's house last. She hadn't done her homework. We were expecting guests and I wanted her present. And she and Susan were together too much anyway.

She went back to the phone and I heard her say, "No, I can't come. Why? I haven't the slightest idea. You know my mother---she doesn't have to have a reason to say 'no.'" (Ah, those teen age years! How trying they were!)