

Synergy cents

Penny D. Pelican



Aim High!

When I was a young pelican, growing up in the warm and beautiful swamps and marshes of South Louisiana, my mother always encouraged me to fly higher...and higher...and higher.

She said that setting lofty goals would make me a better pelican, a more considerate friend and neighbor — a more independent bird, ready to meet life's challenges. She was right.

And so, that's my advice to you. Aim High. Be the best person, student, athlete and friend that you can be.

When it comes to school, don't worry if you don't make A's in every subject. The key is to learn to learn. That means paying attention in class, hitting the books at home, and developing good study habits. Before you know it, you're honor roll bound.

If you play sports, don't worry if you can't kick it exactly where you want it to go, or if you can't hit every ball out of the park. Practice is the key. It will make you

better. You're learning teamwork. Listen to your coaches, and try to get a little better every time you practice or play.

And remember, desire and focus are powerful tools when playing sports. Be the best that you can be.

As far as being a good friend and neighbor, always be kind and considerate to others. But there's hundreds of other ways. Be a good listener. Pick up litter. Volunteer for a charity drive. I'm sure you can think of many other ways.

So set your goals high, my friends. Soon you will be soaring with the eagles.

Your friend,

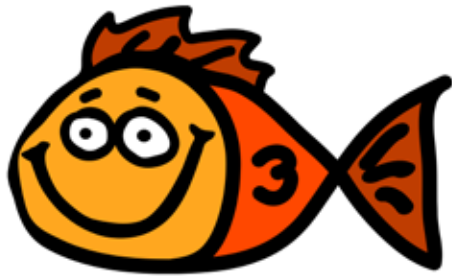
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Festival Facts



Did you know that Louisiana has more than 400 festivals, and that these celebrations run all year long? Festivals occur all across Louisiana, and Houma itself is home to several festivals that celebrate a number of different themes, from the natural beauty of our wetlands to the rich diversity of our culture and heritage.



With Spring and Summer just around the corner, it's time to review some general water safety guidelines from the American Red Cross.

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone.
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device when near the water.
- Watch out for the dangerous "toos" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water. Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Know how to prevent, recognize and respond to emergencies.

Penny Games

1. THINK TANK:

What three numbers have the same answer when added together and multiplied together?

2. PHONE HOME:

- 1.) What are the first 3 digits of your phone number? (do NOT include the area code)
- 2.) Multiply by 80
- 3.) Add one
- 4.) Multiply by 250
- 5.) Add the last four digits of your number
- 6.) Add them again
- 7.) Subtract 250
- 8.) Divide by 2

3. BANKING WORD JUMBLE:

AMOERGTG

RETLEL

NOLA

LUATV



Feed your Piggy Bank!!

One good way to earn a little extra money around the house is to ask your parents if you can wash the family car.

Wait for a warm day, because you're going to get wet. Start with a large sponge and a bucket of warm water mixed with dishwashing detergent. Spray the car with a garden hose until it's dripping wet.

Now, sponge off the entire car--windows too--with the soapy water. Rinse frequently so that the soap doesn't streak the car. Some spots may require additional scrubbing and rinsing.



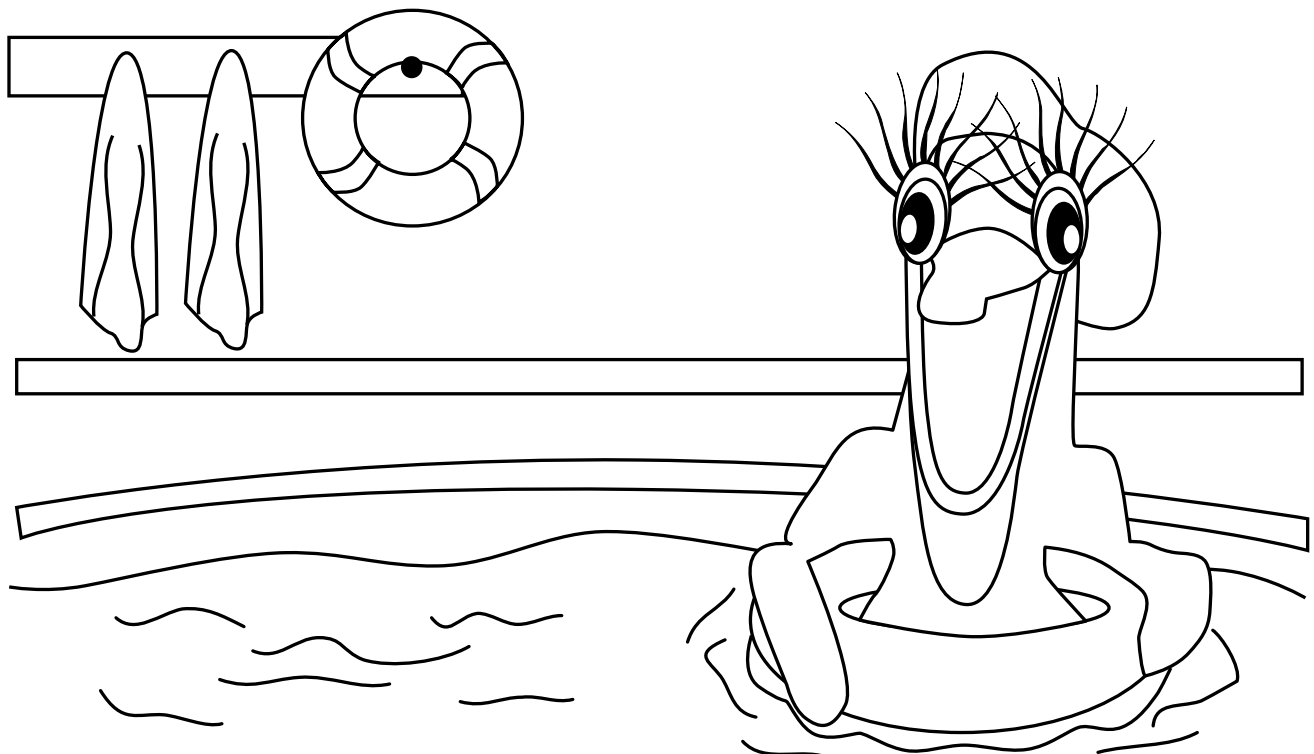
Don't forget the tires and wheels. Often, they get extra dirty, so you may need another bucket of soapy water to get them clean.

Dry the car with a lint-free towel.

Soon your family car will be sparkling. A couple of dollars is about the right price, provided you do a really good job.



Color Me!!



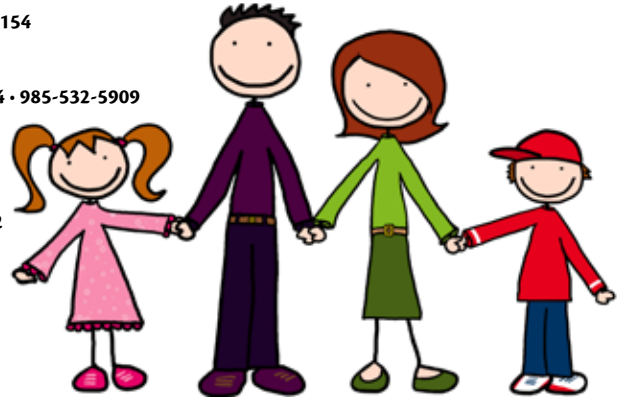
Parents' Corner

Day Trips:

Experts say that taking your child to a museum, a historic site, or on a tour can provide a powerful and fun learning experience, as well as excellent parent-child bonding opportunities. There are dozens of sights in and around Houma-Terrebonne, or in New Orleans - about an hour drive. We've listed a few below. Plan your trip with your child. Look at your destination's website. Anticipation about what you're going to see is part of the fun.

Be sure to pack a few snacks, and throw in a sweater or jacket for outdoor excursions. On the way home, talk to your child about what you've seen, what you've learned. A day trip can be a rewarding experience for you and your child.

- Bayou Terrebonne Waterlife Museum • 7910 W. Park Ave • Houma, LA 70364 • 985-580-7200 • www.houmaterrebonne.org
- Southdown Plantation House • 1208 Museum Dr. • Houma, LA 70360 • 985-851-0154
www.southdownmuseum.org
- Bayou Lafourche Folk Life & Heritage Museum • 110 Main St. • Lockport, LA 70374 • 985-532-5909
- International Petroleum Museum & Exposition • 111 First Street
Morgan City, LA • 70380 • 985-384-3744 • www.rigmuseum.com
- Grevenberg House Museum • 407 Sterling Rd • Franklin, LA 70538 • 337-828-2092
- Wetlands Acadian Cultural Center • 314 St. Mary St. • Thibodaux, LA 70301
985-448-1375 • www.nps.gov/jela/wetlands-acadian-cultural-center.htm



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