

## on the cover

10 Are You Addicted to Facebook?

20 Marriage Matters!

## features

14 My Maasai Life: From Suburbia to Savannah

30 Online Yard Sales For Fun And For Cash

36 Hypertrophic Cardiomyopathy – Heart Health Threat to Families and Young Athletes

# contents



Robin Wiszowaty with Mama Samuel and Mama Toti in Africa.  
Photo courtesy of Me To We

## departments

45 A Father's Point of View: Dad's Valentine's Day Lament

76 Marriage and Family Matters – Speak the Love Language Your Partner Can Hear

## family education

71 Job Seekers Seek Help

## family time

9 Craft Corner – I Dig You!

12 Reading Right! – Back of the Bus

13 Shortcuts

17 Have the Guts to Raise Your Kids Right: Easing Up On Your Child's Extra-Curricular Activities

19 Treat Yourself

23 Family Time Freebies and Monthly Giveaways!

29 Cooking With Kids – Lemony Love Potion and Heartfelt Pancakes

42 Noteworthy News: Celebrate Love During the Month of February

77 Word Search/Maze Craze

## mental health

51 Facts for Families: Obesity in Children and Teens

## in every issue

4 Letters from Readers

4 Letter from the Editor

40 Coupons

53 February Calendar of Events

77 Classified

80 Advertising Index

## sections

24 Kids Party Pages

34 Indoor Water Park Fun  
Water Parks: A Great Way To Get-A-Way From The February Cold!

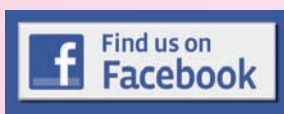
38 American Heart Month  
The Heart of Yoga – A Day With Aadil Palkhivala – Yoga Master, Author, and Founder of Purna Yoga

46 Dental Awareness Month

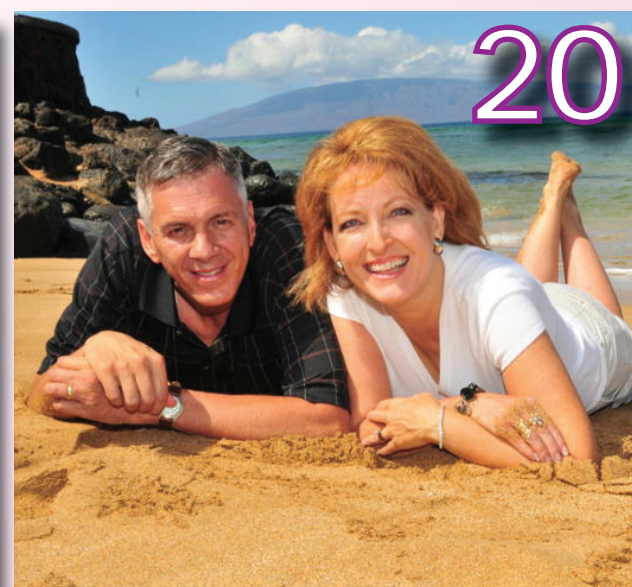
64 Summer Camp Guide

72 Family Theatre

79 Pet Directory



Heartfelt Pancakes Courtesy of familyfun.go.com



Rod and Elayne Pearson