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Big tears, ugly crying in the middle of a public place.

And yet, spending my days with you - seeing the world through your eyes - it keeps me young.

If I say, "Up," you will say, "Down" and so on.

You throw your hands up in the air triumphantly when they score a touchdown and you clap when something exciting happens.

You know your ABCs, and the sound each letter makes.

You hit, kicked, pushed, and threw things over and over.

You also say, "bless you" anytime someone sneezes.

I'll tell it like it is.

Even when I'm pulling my hair out, I still feel that way every day.

You adjusted very quickly and made Daddy and I so proud! Mrs.

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Get out the crackers, get out the chips, it's time

and make your own low-fat taco or pita chips for (Potter) offers this excellent tzatziki recipe. Tzatziki. Makes 4 to 6 servings) 2 cups plain yogurt. 1 cup

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Ultra low fat old fashioned chicken and dumplings

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Ultra low fat chicken-fried chicken with cream

Prep: 15m. Another favorite from "More Fat Free & Ultra Low Fat Recipes from Doris' Kitchen" by Doris Cross in Stillwater, OK.

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Doris Cross is the author of Almost Fat Free Down-Home Cooking (2.50 avg rating, 2 ratings, 0 reviews, published 1995), Real Food for People with Diabete

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