



We set off with thoughts of how we would spend the millions we would make from selling our gem finds (I was going to buy a big boat and retire). It was Spring break and we were off to Gem Mountain gemstone mine in Spruce Pine, North Carolina. Spruce Pine is about 60 miles away. A nice afternoon of fun. None of us had any idea what to expect but we were up for the



"We're rich! Filthy, stinkin' RICH!"

There's Gems in Them There Hills!

By: Chris Joker

challenge. We were a little concerned about the threat of rain but as luck would have it, the whole area is covered so even if it did rain I would still be able to find my precious gems and begin my boat shopping. At Gem Mountain you participate in "flume mining". I'm sure you've seen this in the

movies. You take a big scoop of rough

Please see "Gems" on page 12

Summer Programs For Children

Summer will be here before you know it. Next month, **Family Pastime Magazine** will be running a master list of summer programs available for children this summer. If you know of a program or camp or you will be offering programs for children this summer please let us know. You may call us at 423.676.4323 or e-mail us at editor@familypastime.com (or click on the contact button at www.familypastime.com) and let us know so we can include it on our list.



John Hitechew prepares for cook-off see full story page 13

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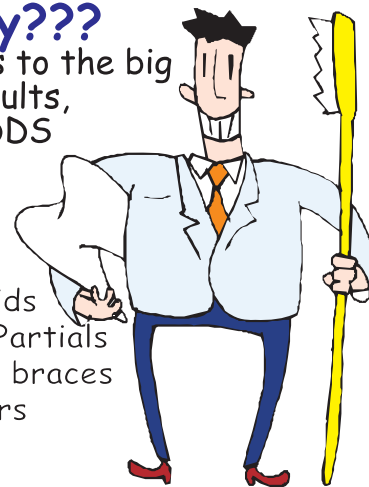
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APRIL WEEKLY OBSERVANCES

- Laugh at Work Week: 1-7
- Medication Safety Week: 1-7
- National Blue Ribbon Week: 1-7
- Consider Christianity Week: 2-8
- National Public Health Week: 2-8 Link
- Hate Week: 4-10
- Alcohol-Free Weekend: 6-8
- National Garden Week: 8-14
- Egg Salad Week: 9-15
- National Women's Nutrition Week: 9-15
- Pan American Week: 9-15
- National Coin Week: 15-21
- Cowboy Poetry Week: 15-21 Link
- National Library Week: 15-21
- National Personal Training Week: 15-22
- National Volunteer Week: 15-21
- Consumer Awareness Week: 16-20
- Heritage Week: 16-21
- National Volunteer Week: 16-22
- Young People's Poetry Week: 16-22
- National Scoop the Poop Week: 24-30

- Safe Kids Week: 4/28 to 5/6
- Police Officers Who Gave Their Lives In The Line of Duty Week: April 29-5/5
- North American Occupational Safety & Health Week: 30-5/6 Link
- National O.H. Nursing Week: 16-20
- International Whistlers Week: 18-22
- National Dance Week: 20-29 Link
- National Wildlife Week: 21-29
- National Youth Service Days: 21-23
- National Spoken Word Week: 22-28
- Innovation Week: 22-28
- Jewish Heritage Week: 22-28
- National Karaoke Week: 22-28
- National Park Week: 22-28
- National Window Safety Week: 22-28
- Week of The Young Child: 22-28
- Electronic Communications Week: 23-27
- Fish Fry Week: 23-28
- National Playground Safety Week: 23-27
- National TV Turn-off Week: 23-29

APRIL MONTHLY OBSERVANCES

- Alcohol Awareness Month
- Cancer Control Month
- Celebrate Diversity Month
- Community Spirit Days (Month)
- Couple Appreciation Month
- Emotional Overeating Awareness Month
- Fresh Florida Tomatoes Month
- Grange Month
- Holy Humor Month
- Home Improvement Time (April-Sept.30)
- Informed Women Month
- Injury Prevention Month
- International Customer Loyalty Month
- International Daffynitions Month
- International Twit Award Month
- Jazz Appreciation Month
- Keep America Beautiful Month
- Learn Thai Month
- Month of the Young Child
- Month of the Military Child Link
- National Car Care Month
- National Child Abuse Prevention Month
- National Decorating Month
- National DNA & Genomics & Stem Cell Education & Awareness Month
- National Donate Life Month

- Stress Awareness Month
- Southern Belles Month
- Women's Eye Health & Safety Month
- Workplace Conflict Awareness Month
- International School Spirit Season (April 30 - Dec. 26)
- National Humor Month
- National Kite Month
- National Knuckles Down Month
- National Landscape Architecture Month
- National Occupational Therapy Month
- National Parkinson's Awareness Month
- National Prepare Your Home To Be Sold Month
- National Pecan Month
- National Pet First Aid Awareness Month
- National Poetry Month
- National Youth Sports Safety Month
- Pharmacists War on Diabetes Month
- Physical Wellness Month
- Prevent Lyme in Dogs Month
- Prevention of Animal Cruelty Month
- Rosacea Awareness Month
- School Library Media Month
- Soy Foods Month
- Straw Hat Month



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? What do you get if you pour hot water down a rabbit hole? Hot cross bunnies!

? How does the Easter Bunny stay fit? EGG-xercise and HARE-robics!

? What's the difference between a counterfeit dollar bill and a crazy rabbit? One is bad money, the other is a mad bunny!

? Why did the easter egg hide? He was a little chicken!

Financial Tips for New Parents

If you've just had a child, you are no doubt excited and happy, though you could probably use a little more sleep. And if you're like most new parents, you have big dreams for your little one. But if you're going to help make those dreams come true, you're going to need to make the right financial moves. And the best time to start is now.

To begin with, you'll want to evaluate your life insurance. When you first started out in the working world and you were only looking after yourself, you probably didn't need a whole lot of insurance. After you're married, though, you'll want enough insurance to at least help your spouse pay off your mortgage. And once you have children, you'll add a new dimension to your life insurance needs, because you'll want to have enough coverage to educate your kids, and perhaps set them up in adult life.

How much insurance does that take? There's no one "right" answer for everyone. You will have to consider a variety of variables, such as your



spouse's income, how many children you have, what type of college — public or private — you'd like them to attend and how much you'd like to give them to begin their working lives.

Beyond obtaining enough insurance, what other financial moves should you make upon the addition of a child? Consider setting up a college fund. As you may know, college has become quite expensive in recent years. In fact, for the 2006-2007 school year, it costs, on average, \$16,357 for students attending four-year public colleges and universities, according to the College Board. If college costs were to rise five percent every year, today's newborns can expect to pay about \$162,000 for four years at a public school. In short, you've got quite an incentive to save for college — early and often.

In building a college fund, the earlier you start saving, the better. Fortunately, you have some attractive savings vehicles available, such as a Section 529 plan or a Coverdell Education Savings Account, both of which can

offer tax-advantaged ways to save for college. To determine if these plans are suitable for your needs, consult with your financial and tax advisors.

In addition to a college fund, you may want to open a separate investment account for your new child. You can set up a custodial account as established by either the Uniform Gift to Minors Act (UGMA) or the Uniform Transfers to Minors Act (UTMA). In an UGMA or UTMA account, the first \$850 of annual investment income is tax-free to a child under 14, and the next \$850 is taxed at the child's rate. Any amount over \$1,700 will be taxed at your rate. Keep in mind, though, that once you make a gift to your child, it is "irrevocable" — which means you no longer have any legal access to, or authority over, the funds. Before proceeding with an UGMA or UTMA account, make sure to consult with your tax advisor.

When you have new children, you have a lot to think about. Just make sure one of the things you're thinking about is their financial security.

Provided By: Lyndsey Wortman Edward Jones Investment Representative

? Why shouldn't you tell an Easter egg a joke?
It might crack up!

SUDOKU REALLY HARD

Instructions on page 21

			1	6	9			
1	4			8		9		
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THE magazine for the WHOLE family

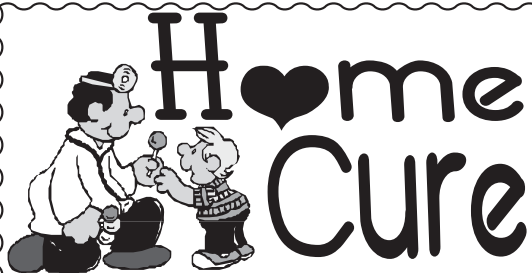
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- 4) Follow the directions
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Family Pastime Magazine is a great way to put your message in front of Families, Parents, Grandparents and Children.

In honor of international "Daffynitions" month Family Pastime Magazine presents the following "DAFFYNITIONS"

- **Adult:** A person who has stopped growing at both ends and is now growing in the middle.
- **Arachnoleptic fit:** The frantic dance performed just after you've accidentally walked through a spider web.
- **Avoidable:** What a bullfighter tries to do.
- **Beauty Parlor:** A place where women curl up and dye.
- **Beelzebug:** Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.
- **Blamestorming:** Sitting around in a group, discussing why a deadline was missed or a project failed, and who was responsible.
- **Bozone:** The substance surrounding stupid people that stops bright ideas from penetrating.
- **Burglarize:** What a crook sees with.
- **Cannibal:** Someone who is fed up with people.
- **Caterpallor:** The color you turn after finding half a worm in the fruit you're eating.
- **Committee:** A body that keeps minutes and wastes hours.
- **Counterfeiters:** Workers who put together kitchen cabinets.
- **Craughed:** To laugh and cry simultaneously.
- **Cube Farm:** An office filled with cubicles.
- **Decafalon:** The grueling event of getting through the day consuming only things that are good for you.
- **Diplomacy:** The art of letting someone else have your way.
- **Dopeler effect:** The tendency of stupid ideas to seem smarter when they come at you rapidly.
- **Dust:** Mud with the juice squeezed out.
- **Eclipse:** What an English barber does for a living.
- **Egotist:** Someone who is usually me-deep in conversation.
- **Eyedropper:** A clumsy ophthalmologist.
- **Flusterpated:** Being so flustered that words get bound up inside you.
- **Generic:** Features of the American landscape that are exactly the same no matter where one is, such as fast food restaurants, strip malls, subdivisions.
- **Giraffiti:** Vandalism spray-painted very, very high.
- **Gossip:** A person who will never tell a lie if the truth will do more damage.
- **Handkerchief:** Cold Storage.
- **Heroes:** What a guy in a boat does
- **Hipatitis:** Terminal coolness.
- **Inoculate:** To take coffee intravenously when you are running late.
- **Instigator:** What you add water to when you want an alligator.
- **Intaxication:** Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
- **Irritainment:** Entertainment and media spectacles that are annoying but you find yourself unable to stop watching them.
- **Karmageddon:** It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.
- **Lasterday:** Any day before today.
- **Left Bank:** What the robber did after his bag was full of loot.
- **Mosquito:** An insect that makes you like flies better.
- **Mouse Potato:** The on-line, wired generation's answer to the couch potato.
- **Onosecond:** That minuscule fraction of time in which you realize that you've just made a BIG mistake.
- **Paradox:** Two physicians.
- **Percussive Maintenance:** The fine art of whacking an electronic device to get it to work again.
- **Petranoïd:** Someone who is both petrified and paranoid. Pharmacist: A helper on the farm.
- **Phonecrastinate:** To put off answering the phone until caller ID identifies the caller.
- **Polarize:** What penguins see with.
- **Primate:** Removing your spouse from in front of the TV.
- **Raisin:** Grape with a sunburn.
- **Reintarnation:** Coming back to life as Jethro Bodine.
- **Relief:** What trees do in the spring.
- **Rubberneck:** What you do to relax your wife.
- **Sarcasm:** The gulf between the author of sarcastic wit and the person who doesn't get it.
- **Secret:** Something you tell to one person at a time.
- **Selfish:** What the owner of a seafood store does.
- **SITCOMs:** Single Income, Two Children, Oppressive Mortgage.
- **Stress Puppy:** A person who seems to thrive on being stressed out and whiney.
- **Subdued:** Like, a guy, like, who works on one of those, like, submarines, man.
- **Sudafed:** Bringing litigation against a government official.
- **Swipeout:** An ATM or credit card that has been rendered useless because the magnetic strip is worn away from extensive use.
- **Tomorrow:** One of the greatest labor saving devices of today.
- **Toothache:** The pain that drives you to extraction.
- **Vocabularian:** A person who makes up new words.
- **Wrinkles:** Something other people have. You have character lines.
- **Xerox Subsidy:** Euphemism for swiping free photocopies from one's workplace.
- **Yawn:** An honest opinion openly expressed.
- **404:** Someone who's clueless. From the World Wide Web error message "404 Not Found," meaning that the requested document could not be located.



Poison Ivy/Poison Oak

An allergic reaction to poison ivy and poison oak is the most common allergy in the country, claiming at least half the population. You may not even know you've picked it up until the next day. These suggestions may help relieve the itch:

◆ **Oatmeal** - Boil the oatmeal in water as you normally would. Let it cool for a few minutes, then apply warm to the effected area. Ideally, the mixture should be "built up" until a thick layer forms. It will harden as it dries. Most sufferers swear by this treatment, which is sometimes combined with a tablespoon or two of baking soda for extra relief from itch and oozing.

◆ **Baking Soda** - This treatment has become a classic homemade cure. Mix 3 teaspoons of baking soda with 1 teaspoon of water until a thick paste

forms. Apply to the rash and let dry. Another tried-and-true method for many poison ivy sufferers is full immersion in a soothing baking soda bath.

◆ **Vinegar** - Just sprinkle liberally on rash or blisters for instant relief from itch. Although the smell may not be to everybody's liking, vinegar seems to help draw out the "poison" from poison ivy while it also helps healing. White distilled vinegar or apple cider vinegar seem to work best.

◆ **Banana Peel** - Touted by many as a homemade "miracle cure", the inside of a banana peel rubbed on poison ivy rashes

seems to bring instant, cooling relief. By some accounts, banana skins may even do the trick when all other poison ivy treatment fails.

◆ **Aloe Vera gel** - A logical alternative, aloe vera is known to heal minor skin cuts and bring relief from sunburn, so apply liberally to effected areas to help sooth the itch and aid in healing.

◆ **Dishwashing liquid** - Perhaps the simplest treatment of all, dishwashing liquid's anti-grease agents make it a common-sense remedy for poison ivy when applied liberally from the bottle at full strength. Simply wash off with cool water. **FPT**

"Home Cures" are meant as suggestions on ways to deal with common health issues. We make no guarantee that they work or that they are without side effects. Please consult your physician before attempting any of these suggestions. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

Cut Yard Maintenance Time in Half with Helpful Tips

With winter giving way to spring, thoughts are likely turning to the untouched lawns or gardens as homeowners prepare for another year of backyard chores. The beautiful lawns and gardens of years past were a result of weekends spent grooming the yard instead of spending time with your family or at the golf course. But, that does not have to be the case much longer.

This year, find new ways to save time when it comes to lawn care so you can make time to spend with family, friends or favorite hobbies.

- Use a Lawn Tractor Upgrade to a riding lawn tractor equipped with top-of-the-line features to get the job

done quickly and efficiently. The Cub Cadet Time Saver i1000 series lawn tractors combine the ease of traditional tractor steering and control with zero-turn maneuverability. With the i1000, you can tackle hills, maneuver easily around trees and obstacles, and use optional attachments. All of which are an industry first.

Says NASCAR driver Greg Biffle, "With my busy race schedule, I can get on my Cub Cadet i1000 and mow

my lawn in no time. One of my favorite features is the steering wheel because it allows it to maneuver like a car and it's less intimidating for beginners and just as fun for veterans." Biffle continues, "Now that I spend less time cutting my grass, I've got more time to drive my utility vehicle."



- Invest in a garden tiller

Another area where you can save time is in the garden. If planting a vegetable

Please see "Yard Maintenance" on next page



Say WHAT???

What it means:
From the highest authority.

Where did that come from?

There are 2 thoughts on that; one is in horse racing circles tips on which horse is a likely winner circulate amongst gamblers. The most trusted

“Straight from the horse’s mouth.”

authorities are considered to be those in closest touch with the horse, such as stable lads, trainers etc. The idea ‘from the horse’s mouth’ is supposed to indicate one step better than even that inner circle, in other words, the horse himself.

The second thought is when a trader was selling a horse he might “stretch” the truth a bit. So if you were purchasing a horse the way to get the real

story about that horse would be from the horse himself.

It is a 20th century phrase. The earliest printed version noted is in an piece by P. G. (Pelham Grenville) Wodehouse in The Strand Magazine, 1928: “The prospect of getting the true facts - straight, as it were, from the horse’s mouth - held him fascinated.” **FPT**

Yard Maintenance

Continued from previous page

or flower garden is on the agenda once spring arrives, a good tool to have is a garden tiller. A motorized tiller will get the job done in a fraction of the time compared to the old fashioned rake and hoe.

The size of a garden is crucial in the choice of a tiller. Smaller vegetable and flower gardens may call for a two-cycle engine. However, a tiller with additional horsepower will be more efficient for a larger garden as it allows the user to dig deeper and move on to other chores.

- Mulch between your beds
 And, once the garden is tilled, create beds where the seeds and plants will ultimately end up, and put down mulch between the rows. Laying down landscape fabric on the beds themselves and cutting out holes where the seeds and plants go will also keep your beds weed-free and eliminate a tedious task.

- Install an automatic sprinkler system

Watering your grass is one of the most crucial lawn care chores and can be the most time-consuming. With an automatic sprinkler system, there will be no more over-watering or spending the weekend moving the sprinkler around the yard to ensure equal coverage. Once installed, it requires only minimal maintenance like checking the sprinkler heads each year to avoid clogging.

While consumers can usually self-install these systems, it may best be left to the experts as this investment is worth getting it right on the first try, which will save time in itself.

Investing in these garden and lawn care tools will save you time this season. You can find the Cub Cadet Time Saver i1000 Lawn Tractors, as well as many of these other products, at The Home Depot, Tractor Supply Company and Independent Retailers. For additional information on the Time Saver Series, visit www.missingweekend.com. **FPT**

Courtesy of ARA Content

- ? How many Easter eggs can you put in an empty basket?
Only one - after that it's not empty any more!
- ? How does Easter end?
With the letter R!
- ? What's yellow, has long ears, and grows on trees?
The Easter Bunana!

SUDOKU Medium

Instructions on page 21

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CHILDREN'S POETRY CORNER

ODE TO EASTER

AS FALL COMES TO WINTER, AND
WINTER TO SPRING

THE FLOWERS BLOOM, AND THE
BIRDS SING

WE GO AND SEARCH FOR OUR BEST
CLOTHES

FOR ON A SPECIAL SUNDAY A GREAT
HOLIDAY HAS AROSE

IT IS EASTER, MY FRIENDS! THE
GRAND TIME OF YEAR

THE TIME WHEN OUR FAMILY AND
FRIENDS DRAW NEAR

WE PAUSE TO REMEMBER OUR
SAVIOUR WHO DIED, BUT ROSE AGAIN
FOR US TO CHEER!

AND AMONGST THE FUN AND
CHEER, WE FIND AN EASTER BASKET

FILLED WITH CANDIES AND TOYS,
JUST AS YOU HAD ASKED IT!

BUT THEN THAT SUNDAY NIGHT IS A
TIME WE ALL DREAM

FOR EASTER COMES TO A CLOSE,
THEN AGAIN.....

WE SHOULD HAVE EASTER IN OUR
HEARTS ALL YEAR!

JARED A.W. SEBASTIAN, AGE 11
3/2007

PARENTING

Having a child who doesn't listen is one of the primary sources of frustration for most parents. It is not uncommon to see parents constantly asking their kids, "Can you hear me? Are you listening to what I'm saying?"

"I think the real question is not whether they listen, but do they retain the information that is thrown at them, and the answer to that is no," said Dr. Mary Manz Simon, an early childhood educator in Odenton, Md. "Kids today are immersed in many different messages, and it is causing selective listening to rapidly become a defining characteristic of our current generation."

So then, how can parents effectively communicate to this new generation of

listeners? Simon has several suggestions you may want to add to your parental toolbox:

- Make eye contact with your child before you begin speaking. This will avoid an across-the-house yell that your child may simply tune out.
- Have developmentally appropriate expectations. If you say, "Make your bed," be sure your child knows how to make his bed.
- Talk to your kids with words they understand. If you don't think they understand, ask them to explain what you have just said. This is a great test to see how well you're getting your message across.
- Capture teachable moments. For example, when watching a new DVD with your kids, mention the way one of their favorite characters follows directions. Then compliment your children when they listen attentively.

Giving Children The Tools To Listen

• Lisa Whelchel, former star of "The Facts of Life," best-selling author of the parenting book "Creative Correction" and mother of three, agrees with this approach.

"Some of the television shows or DVDs children watch have powerful messages in them," Whelchel said. "I feel it is important to include the senses, so capturing teachable moments through certain DVDs is certainly something I recommend."

Both Simon and Whelchel recommend the animated series "VeggieTales." The show can be seen on Saturday mornings on NBC and has a new DVD in stores now called "Moe and the Big Exit" that includes a lesson on following directions.

"I love 'VeggieTales,'" said Whelchel. "There is always such a positive lesson behind each episode."

"It's very easy to relate 'VeggieTales' back to actions you want your children to do, such as listening or following directions, which helps you when trying to capture those teachable moments," added Simon. **FPT**

Courtesy of NewsUSA

SUDO-KID-U 1

Instructions:

Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

		3	4
		1	
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4	3		

THERE'S NO PLACE LIKE HOMESCHOOL

It is oft said, "Those who do not know history are doomed to repeat it." All homeschool parents want to inspire their children and at the same time discover a fun way to teach history. Often parents end up scratching their heads at the "how?" Many of us grew up with dry, boring textbooks filled with facts. We concentrated on American history with a semester of world history thrown in, yet the exciting story of history never quite made sense. WHY history unfolded in the curious path it did was left a mystery. We were not taught how to reason through the great minds of the past and join the Great Conversation, read the literature, study the art, music and culture and see the incredible tapestry woven years before us. So how do we inspire our children?

Our family began homeschooling with a simple love of history that grew stronger with each living book we read. The more we read, the more we realized we didn't know history, although it was my minor! As always, homeschooling is your opportunity to learn along with your children!

We would choose a time period and study the history, literature, art, science and culture of what was happening around the world. Like most local homeschoolers, we were studying HIS-story, the story of God working throughout humanity. We studied the clothes, food and everyday life of an era. As we learned, we created simple

timelines, in notebooks, recording what we were learning. Timelines can include historical figures, wars, books of the day, inventions, scientific and artistic achievements, explorations and more. As we created our timelines, it became easy to see the story of history in context, to see what was happening in China and India, while Europe was exploring, etc. From the Ancients to the Moderns, history quickly transformed from a list of dates and dead men to our favorite subject.

The best thing we ever did was to ditch the textbook route and use "history guides" and living books to study the heartbeat of history. TruthQuest History has created literature based history guides for all grades at www.truthquesthistory.com. You can study ALL of history with these guides and a library card! Similar literature resources include Beautiful Feet Books Guides at <http://www.bfbooks.com>. A Charlotte Mason approach to history, with 12 years of books can be found at <http://amblesideonline.org>. Classical resources study history in cycles of 4-6 years and include www.veritaspress.com (with great history/CD resources for 1-6), Well Trained Mind www.susanwisebauer.com. An overall fun approach with great CD's www.dianawaring.com help audio learners, as do the Veritas Press set. All weave history together. Record it on a timeline and your children have begun a lifelong curiosity toward history!

Nothing transforms children like the roar of a cannon, the smell of black powder, or the rustle of a pretty dress found at living history events. Reenactments abound in this area, from the 400th Anniversary of Jamestown, Williamsburg, American Revolution,

Lewis and Clark, and Civil War, all within a days drive. Try a historical vacation this year!

Parents often have local amnesia when it comes to visiting great historical sites in their own area. Northeast TN is full of great opportunities, right in our backyard, well worth seeing, with year round offerings and great classes. Summers brim with living history reenactments, sheep shearing, festivals and more. Can't miss local historical sites include:

- Rocky Mount in Piney Flats www.rockymountmuseum.com
- Sycamore Shoals in Elizabethton <http://tennessee.gov/environment/parks/SycamoreShoals/>
- Historic Jonesborough the oldest town in Tennessee <http://www.jonesboroughtn.org>
- From Davy Crockett to Andrew Johnson can be found in Greenville http://www.greenecountypartnership.com/index.php?template=tourism_attractions
- Add all of the local caverns, the Crooked Road in Bristol, delightful Abingdon, VA and the Biltmore in Asheville, NC and you realize we are at an intersection of history, within an hour of the Tri-Cities area!

I could write ten columns and not begin to cover this area fully – but you get the idea! Try living books, go to living history events, explore museums, and have fun learning about history together! **FPT**

Lisa and her husband Dave Baughn moved to Gray, TN, in April of this year, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 7 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair; using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling. You can e-mail them to homeschooling@familypastime.com

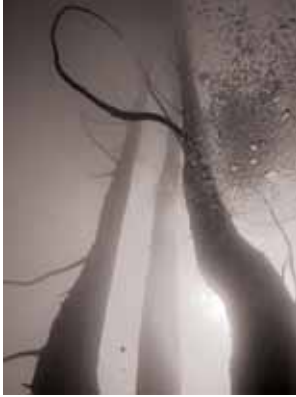
? Did you hear the one about the fifty-pound jelly bean? It's pretty hard to swallow!

New Technology Could Reduce Reliance on Living Trees

For years, deforestation has been a major point of concern for environmentalists and conscientious consumers alike. According to the Rainforest Action Network, at least 37.5 million acres of rain forests are destroyed each

year, an area about the size of Illinois.

With increased public awareness of deforestation and its impact on the environment, forest-based industries are striving to adopt more ecologically sustainable practices. Products made from independently certified forests



have emerged on the market as a leading alternative to traditional wood products, but one company says that an even better wood source exists in abundance all over the world, in a place you might never suspect.

Officials at the Valor Corp., a developer of large-scale robotic equipment, say that millions of acres of nonliving forests exist beneath the waters of many reservoirs and hydroelectric dams. These underwater forests, according to Valor officials, are preserved by the water - protected from decay and insects - and could provide logging companies with a cost-effective source of eco-friendly wood while reducing reliance on living trees.

To help companies harvest underwater wood in a fast and efficient manner, Valor

has recently introduced several new models of enormous hydraulic arms that can target, cut and recover trees at depths up to 136 feet. One model can lift more than 5,100 pounds, which means that it could lift entire trees out of the water without the use of cranes or divers, who in the past often risked their lives to work in these potentially dangerous underwater conditions.

The Aquatic Robot-120, Valor's newest machine, is scheduled for production this year and will be available for sale or lease to a variety of industries, including energy and civil engineering, in addition to timber.

For more information, visit www.valorenergy.com or call 503-502-5104.

FPT

Courtesy of NewsUSA

SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

? Why did the magician have to cancel his show? He'd just washed his hare and couldn't do a thing with it.

0	1	F	E	A				7	8
A	8	B	9	0	C	F			
	C	8	B	6		0	7	4	A
	E			A	C		8	5	B
	8	1	E	4	3			9	A
		3	5	0	8	4	1	A	2
	0	4		5	D		2		8
F			1		2	8	B	C	5
	7		2	5	A	F	0		6
D	0	4			8		9	A	
		A	4	2	7		D	C	1
8	1	F				E	B	2	A
		C		A	F		9	5	
4	D	7	9		8	1		A	F
			3		9		6		D
2	F					6		B	7

? How did the Easter Bunny rate the Easter parade? He said it was eggs-cellent!

? How do you catch the Easter Bunny? Hide in a bush and make a noise like a carrot!

Easy Answer From last month

6	1	2	7	4	9	5	8	3
7	8	3	1	2	5	6	4	9
9	4	5	6	8	3	1	7	2
4	3	6	9	5	8	7	2	1
8	5	1	2	6	7	3	9	4
2	7	9	4	3	1	8	5	6
3	9	8	5	1	2	4	6	7
1	2	4	8	7	6	9	3	5
5	6	7	3	9	4	2	1	8

Pet Food Recall, What To Do?

By: Valerie Whaley

Unless you've been on a deserted island recently, you've more than likely heard of the massive pet food recall and the many companies and labels affected. Proportionally, the number of deaths are not tremendously significant considering all the millions of pets in the United States; but try telling that to the ones who lost a beloved pet. The facts slowly coming to light, murky as they are, are somewhat disturbing. In light of the current scrutiny towards pet food companies and producers, something good will come out of it - hopefully better regulation of quality and ingredients; forcing manufacturers to raise production standards; and better consumer awareness. That being said, we live in a time where it is much easier to educate ourselves via the Internet. Most of us have this option at our fingertips. And much of the information gleaned from Internet research is verifiable. Sometimes, too much information can be confusing but good common sense can help you choose good food for your pet.

In case you didn't know, many pet food companies are a very small part of a bigger corporation. Specifically, Iams & Eukanuba is owned by Procter & Gamble, Hill's Science Diet is owned by Colgate-Palmolive, and Mars makes Pedigree; so the same company that makes M&M's candy may make your pet's food. It



goes on and on. Do your research and make an informed decision as to whether a company knows pet food, then stick with those whose focus is pet food and who use quality ingredients. Research them online, call them, request literature and samples, and ask questions. Many smaller pet food manufacturers are individually owned and quality is number one. Find out what they stand for in terms of testing animals, ethics, and philanthropy. Many pet food companies started out small and quality mattered. Then they were sold to giant corporations and they simply became a category where the bottom line is more important than what goes in the bag or container. You can make smarter nutrition decisions for you, your family, and your pets by simply reading the label, using common sense, and insisting on quality. **FPT**

Valerie Whaley is Co-owner Natural Pet Supply
3135 Peoples Street, Suite 402 Johnson City, TN 37604

New Dog Cross Breeds

- They crossed a Collie and a Lhasa Apso. The new breed is a Collapso, a dog that folds up for easy transport.
- They crossed a Spitz and a Chow-Chow. The new breed is a Spitz-Chow, a dog that throws up a lot.
- They crossed a Pointer and a Setter. The new breed is a Poinsetter, a traditional Christmas pet.
- They crossed a Great Pyrenees and a Dachshund. The new breed is a Pyradachs, a puzzling breed.
- They crossed a Pekingese and a Lhasa Apso. The new breed is Peekasso, an abstract dog.
- They crossed a Labrador Retriever and a Curly Coated Retriever. The new breed is a Lab Coat Retriever, the choice of laboratory researchers.
- They crossed a Newfoundland and a Basset Hound. The new breed is a Newfound Asset Hound, a dog for financial advisors
- They crossed a Bloodhound and a Labrador. The new breed is a Blabador, a dog that barks incessantly.

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Gems

continued from page 1

material (rocks, sand, precious gems, etc.) and put it in a wooden box with a screen bottom. You then sit next to the flume and rinse water through the material. This will wash out the sand and leave behind rocks and gems. When the gems are wet they reveal colors and crystal shapes. Gem Mountain has ten mines that supply them with different gems. They also supply all the needed materials for your mining.

When you arrive you decide which size of bucket you wish to sift through. You can buy a small \$15.00 bucket with certain types of gems in it (Amethyst, Aquamarine, Emerald, Ruby, Sapphire, Topaz, etc.) or a bigger bucket containing a mixture of gem types. The prices ranged from \$15.00 up to over

\$100.00. There were 6 miners in our party so we opted for a \$45.00 bucket (4 gallons-I think). We chose our spot at the flume; each took a scoop and began mining.

Right away you begin to see interesting gems which you

take out and set into a plastic bag to keep. The big rocks you take out and toss aside. The bucket proved to be plenty for our group and we all came away with a nice collection of different gems. The mine supplies a nice "cheat sheet" so you can

see what the gems look like raw and cut. I found out latter that they will inspect the gems for free to tell you what you have. They also have experienced gem cutters on hand to cut and design jewelry for you, if you wish. The gift shop and museum has a large selection of already made jewelry, polished stones and keepsakes. The

mine also has a

I don't know if I have a snack bar with Candy, Fudge, Snacks, Hotdogs, Soft Drinks, Cappuccino and Ice Cream but since we had 6 hungry miners in our party we decided to hit the pizza buffet up the street (I tipped the waitress with a lovely gem).

Now that we have a nice collection of gems we need to polish them. I found that Harbor Freight tools in Johnson City has a nice rock tumbler for around \$29.00 (I bought it on sale for \$21.00). So now we can polish our treasures. I really don't know yet if I can retire with my haul but I do know we had a wonderful time and would recommend this trip to anyone looking for a little family fun. Gem Mountain is online at www.gemmountain.com. **FPT**



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Chili Cook-off

By: Chris Joker

I recently had the distinct “pleasure” of judging a chili cook-off at the Mayberry Community Methodist Church in Jonesborough. The church held the cook-



off to raise money for their youth group. My friend John Hitechew is the minister and since we are friends he knows of my competition chili cooking experience. I actually won once long, long ago. I made it very clear to the entrants that I really don’t know from winning chili so not to take my judging too seriously. There were 13 entrants

and to be fair they were all pretty good, even the person who tried to slip a store-bought canned chili in as a contender. Top honors went to 1st place Terry Cloyd, and 2nd

place David Smith. 3rd place went

to John Hitechew but only because (and I explained this to him then) 1. He’s my friend, 2. He IS the minister and holds sway with a much higher power and 3. He was feeding me. In my book chili is supposed to A) be red and B) made with beef. John broke both those rules. His chili was A) green (in his defense, it was St. Patrick’s



John Hitechew , Terry Cloyd, and David Smith

day) and B) he used pork (in chili???). On the plus side John won the “people’s choice” award. The award was determined by the chili that raised the most money.

Apparently on that day John came with more money in his pocket than anyone else. He also had enough money so that his wife Pat could garner 2nd place in the people’s choice category. The canned chili brought in .75, almost enough to pay for the can in the first place.

A good time was had by all and a good amount of money was raised for the youth group. **FPT**

Tips for Practicing Sun Safety With Children

With the arrival of warmer temperatures, heading for fun outside may be high on your list of priorities. But too much fun in the sun can be dangerous.



Overexposure to ultraviolet radiation can cause serious health effects, including increased risk of skin cancer.

Children’s skin in particular should be protected from the sun at all times. According to the National Children’s Cancer Society, childhood is the critical period during which UV radiation can

do the most damage. It takes only a few minutes for a child’s skin to burn, and the damage is permanent and cumulative.

Children receiving chemotherapy or radiation treatments for cancer often experience increased sensitivity to the sun. Adequate skin protection can reduce the risks of developing health problems later in life by up to 78 percent, according to medical researchers.

The National Children’s Cancer Society encourages everyone to practice sun safety with the following tips:

- Apply sunscreen with an SPF of 15 or more about 20 minutes before exposure to the sun. Sunscreens with an SPF of 15 will block out 93 percent of UV rays.

Please see “Sun Safety” page 21

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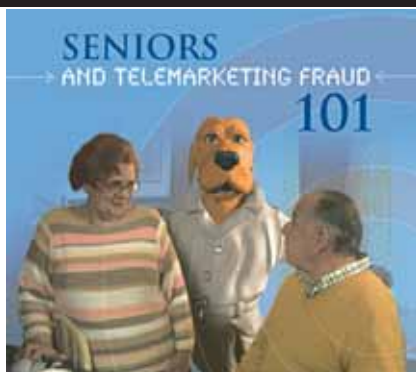
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Seniors: Tips to Recognize, Avoid Telemarketing Scams

percent to 80 percent of their calls at older Americans.

With nearly 10 percent of seniors 65 and older and more than 50 percent older than 80 suffering from some form of memory loss, dementia or Alzheimer's disease, seniors and their caregivers need to be leery of strange or unexpected callers, warns the NCPCC.

The organization has some tips to help seniors and their caregivers avoid being victims of telemarketing fraud:

- Sign up for the Do Not Call Registry at 888-382-1222 or www.donotcall.gov. That will help decrease calls from telemarketers.
- If a caller asks for personal information such as a credit card number or Social Security number, say: "I don't give out personal

information over the phone. I'll contact the company directly and provide them with the

necessary information." Then hang up

- If a caller offers a free item and then wants you to pay for shipping and handling or taxes, say: "I shouldn't have to send money for something that's free." Then hang up.

- If a caller wants a decision on a limited-time offer right away, say: "I'd like some time to think about this. Tell me how I can get in touch with you. If I'm interested, I'll call you back."

- If you don't understand all the details of the verbal offer, have the telemarketer send you the information by mail. If the caller won't do that, say: "If you can't mail me the information, then I can't talk to you."

A free brochure containing additional safety tips is available by calling 800-WE-PREVENT or online at: www.ncpc.org. **FPT**

It's shrewd, not rude, to hang up on a bad telemarketer. That's what the National Crime Prevention Council recommends to senior citizens, who are prime targets for con artists.

Telemarketing fraud is defined as using the telephone in a scheme to cheat people out of their assets - their earnings, savings, pensions or valuables - by deceptive and illegal means. Studies show that fraudulent telemarketers direct anywhere from 56

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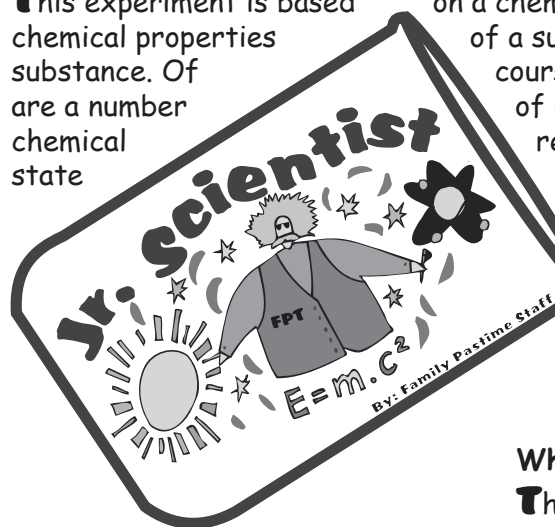
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Create Heat in a Jar--Chemical Reaction

This experiment is based on a chemical reaction. A chemical reaction is the process whereby the chemical properties of a substance are altered by a rearrangement of the atoms in the course we cannot see atoms with the naked eye, but fortunately, there are a number of clues that tell us when a chemical reaction has occurred. In many chemical reactions, for instance, the substance may experience a change of state or phase such as when liquid water turns into a vapor when boiled.



Chemical reactions occur every day all around us. The fizzing toilet bowl cleaner is a chemical reaction. Those glowing light sticks are the result of a chemical reaction. The fire in your fireplace is another type of chemical reaction. This experiment demonstrates a chemical reaction that's fairly common.

that it the temperature rose.

Why did this happen?

The vinegar removes any protective coating from the steel wool, allowing the iron in the steel to rust. Rusting is a slow combination of iron with oxygen. When this happens, heat energy is released. The heat released by the rusting of the iron causes the liquid in the thermometer to expand and rise.

All chemical reactions involve the formation or destruction of bonds between atoms (atoms, made up of protons and neutrons in a central nucleus surrounded electrons, are the smallest particle of a chemical element that can take part in a chemical reaction without being permanently changed). Chemical reactions include the rusting of iron and the digestion of food. Most chemical reactions give off heat. For example, chemical reactions that occur in digestion give off heat that keeps our bodies warm and functioning.

Chemists use chemical equations to express what occurs in chemical reactions. Chemical equations consist of chemical formulas and symbols that show the substances involved in chemical changes. The chemical reaction for the rusting of iron shows that four atoms of solid iron react with three molecules of oxygen gas to form two units of solid rust. Experiments demonstrate that iron and oxygen react in these proportions in air at room temperature. Rust is the product, or result, of the reaction. Iron and oxygen are the reactants. The reactants are the substances that undergo chemical change. **FPT**

SUPPLIES:

- Small enough thermometer to fit into a jar
- A jar big enough to hold the thermometer
- Steel Wool Pad
- Vinegar

HOW TO:

1. Put the thermometer in the jar and close the lid.
2. Wait about 5 minutes and write down the temperature.
3. Remove the thermometer from the jar.
4. Soak a piece of steel wool in vinegar for one minute.
5. Squeeze the vinegar out of the steel wool pad. Wrap the steel wool around the bulb of the thermometer.
6. Place the thermometer and steel wool back into the jar and close the lid.
7. Wait 5 minutes.
8. Now take a look at the temperature.
9. What happened to the temperature? Are you surprised

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Bacon Mini Potatoes**SUPPLIES:**

- 1 lb. small new potatoes, scrubbed and cut in half
- 2 tsp. Dijon mustard
- 3 bacon slices, cut in 1-1/2 inch strips
- Toothpicks

HOW TO:

1. Place potatoes in a steamer basket over boiling water.
2. Cover pan and steam 10-12 minutes, or until tender.
3. Drain and cool slightly.
4. Turn on broiler.
5. Cut a small piece from each rounded side of potatoes to make level.
6. Lightly spread surfaces with mustard.
7. Cover flat side of potatoes with bacon and secure with toothpicks.
8. Arrange on a broiler pan and broil 5 inches from heat source 3-4 minutes until bacon is crisp.

Chicken Fingers**SUPPLIES:**

- 2 chicken breasts, skinned and boned
- 1 large egg, beaten
- 2 Tablespoons warm water
- 3 Tablespoons vegetable oil
- Onion salt to taste
- Salt & freshly ground pepper to taste
- Fresh bread crumbs

HOW TO:

1. Cut chicken breasts into 3-inch strips.
2. Mix egg, warm water, oil, onion salt, salt and pepper in a wide soup bowl.
3. Place the breadcrumbs in a 2nd bowl.
4. Dip chicken strips into egg mixture then bread crumbs to evenly coat.
5. Refrigerate a few hours.
6. Bake in a preheated 350° oven for 30 minutes or until golden **or** fry in a slight amount of additional oil or margarine until golden on each side.

? How does the Easter Bunny keep his fur neat?
With a hare brush!

? What did the rabbit say to the carrot? It's been nice gnawing you!

Kid Friendly Recipes**Pizza Dough****SUPPLIES:**

- 1 pkg. active dry yeast (2 1/4 tsp.)
- 1/2 tsp. sugar
- 1 C. warm water
- 3 1/4 C. All-purpose flour
- 1 tsp. salt

HOW TO:

1. Sprinkle yeast and sugar into warm water, in a one-cup measure. Stir to dissolve and allow mixture to stand for 10 minutes, or until it begins to bubble.
2. Combine flour and salt in a large bowl. Make a well in the center; pour yeast mixture into it. Gradually work flour and liquid together to form a stiff dough.
3. Turn dough out onto a lightly floured surface, and knead until smooth and elastic for about 5 minutes. Use only as much flour as you need to keep the dough from sticking.
4. Place dough in a lightly oiled bowl; turn dough to coat w/oil. Cover with a clean towel (dampen lightly). Let rise in a warm, draft-free location for about 45 minutes, or until doubled.
5. Punch the dough down.
6. Grease pizza pan; sprinkle lightly with cornmeal, if desired. Pat and press the dough into the pan.
7. Spread pizza sauce on the crust; 6-8 oz. for each should do it, depending on the size of the crust.
8. Sprinkle on cheese(s) and other favorite toppings; bake at 400 degrees F. for approximately 15-18 minutes, or until cheese has melted, and crust is cooked thru.

? Why is a bunny the luckiest animal in the world?
Because it has four rabbit's feet!

? What did the rabbits do after their wedding?
Went on their bunnymoon!

E-Z Pizza Sauce**SUPPLIES:**

- 1 (6 oz) can tomato paste
- 1 1/2 C. water
- 1/3 C. olive oil
- 2 cloves garlic, minced
- Salt to taste
- Ground black pepper to taste
- 1/2 TBS dried oregano
- 1/2 TBS dried basil
- 1/2 tsp dried rosemary, crushed

HOW TO:

1. Mix tomato paste, water, & olive oil.
2. Add garlic, salt & pepper, oregano, basil, and rosemary.
3. Mix well and let stand several hours to let flavors blend.

E-Z CHICKEN ALFREDO**SUPPLIES:**

- 1 can chicken breast
- 1 Jar alfredo sauce
- Spaghetti noodles
- 1 tsp grated parmesan cheese

HOW TO:

1. Boil water and prepare spaghetti
2. Heat alfredo sauce on low.
3. Add chicken and cheese.
4. Serve over pasta.

POTATO CHIP HAYSTACKS**SUPPLIES:**

- 1/2-cup cashews
- 1 can shoe string potato chips
- 6 oz chocolate chips
- 6 oz peanut butterscotch chips
- 2 TBS peanut butter

HOW TO:

1. Melt chips and peanut butter in microwave stirring every 10 sec. (to prevent scorching).
2. Add potato chips and cashews.
3. Drop by TBS onto wax paper lined cookie sheet.
4. Store in refrigerator and serve cold.

? Why was the Easter Bunny so upset?
He was having a bad hare day!

Don't Get Behind Me



By Chris Joker

If you see me standing in line somewhere, DO NOT STAND BEHIND ME! Unless, of course, you are not in a hurry. One of my superpowers is the innate ability to pick the slowest moving line. As of yet I have not discovered how to use this power for good but if I do, watch out! Here's the thing, if I am shopping (does not matter for what, groceries, clothes, gadgets, hardware, automobiles, anything) the line I choose WILL be the longest wait. I use what seems logical to me; I pick the line with the fewest number of people in it. This never works. If it's at a grocery store and all the lines have 10+ people except one which has only one person with only two items to purchase. So, logically, I choose the line with only one person. Now you would think I would be out of the store before the first person finishes in any of the other lines. But wait, the person with only the two items has a price check and it's a produce item that no one in the store knows what it is. As we wait for the price check I watch as the other lines move, FINALLY we get the correct price o.k. NOW my line will move and I will still

get out faster than if I was in one of the 10+ lines. The two items are now rung up, I am as good as writing a check... but wait The person in front of me starts to open her mouth...NO don't do it...they say, "Oh, wait a minute, I have a coupon somewhere in my purse." I watch as the other lines move and the person in front of me spends 10 minutes searching for that incredible 10 cent off coupon. Hallelujah! She finds it... It's expired. Now it's "Oh, wait I think I have exact change, I know there is a dime and two pennies somewhere in my purse, or was that in my other purse?" By now the lines with the 10+ people have all finished and there are another 10+ people in line. I begin reaching into my own pocket to pony up the needed 12 cents, "Oh I'll just use my ATM card". "Now what was that PIN code?" I am feeling faint so I start munching on my Doritos to keep from passing out. Of course now that I have broken into some of my purchase items I am committed. I can't bale on my purchase. I'm not making this up, NOW since she can't remember her PIN she decides to write a check... "I'm sure my

I.D. is somewhere in my purse." I think the milk actually expired while I was waiting to pay for it.

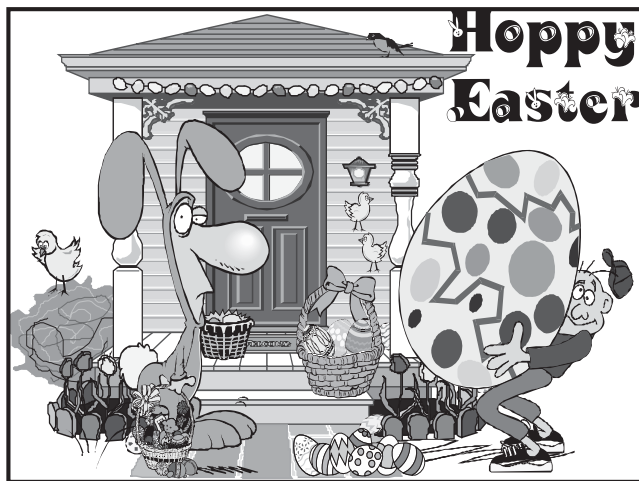
This is not an isolated experience. When I get in the "short" line at the drive through at the bank, I swear the person in the car in front of me is re-financing their home through the drive-through window. At so called convenience stores, I go in for a cup of coffee, the guy in front of me is purchasing 10 lottery tickets, choosing each number on each ticket individually and then when he can't remember his niece's birthday (such a lucky number) he calls his sister to get the number. At a gas station I pick the line with the guy putting the nozzle back in the pump. Gotta be a fast line. Nope now he goes in to pay and pick up few groceries at the same time, maybe some 10 lottery tickets too.

One time this "superpower" did come in handy. Well not so much handy as it did gave me bragging rights. Last November, voting day, I am at my polling place, I go through my normal process of counting heads and choosing the shortest line (and in case you are wondering, I HAVE tried the reverse psychology of intentionally picking the longest line to

Please see "Line" page 21

DOUBLE TAKE

Find at least 13 differences in the two pictures (answers are on the right...no peeking!!!)



ANSWERS

- Basket bow changed
- Porch light missing
- other way
- Chick on bush facing
- Fewer eggs on string
- Ear longer
- More flowers
- Walkway changed
- Walkway
- More eggs on
- Wall chicks changed
- Sleeve longer
- Hat moved
- egg
- More spots on big
- changed
- Happy Easter



Fun Family Events

April

Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or

Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

1 April Fools Day, US Air force Day, Boomer Bonus Days, National Fun Day, Palm Sunday, Sorry Charlie Day
2 International Children's Book Day, Reconciliation Day
3 Passover, Pony Express Day, Tweed Day
4 Paraprofessional Appreciation Day, Victims of Violence Holy Day
5 National Fun at Work Day
JCPL Tales & Talk Adult Book Group @ 7:00 PM - Lying Awake by Mark Salzman
6 Chris' Birthday, Drowsy Driver Awareness Day, Good Friday, Tartan Day, Teflon Day, World Marbles Day
Meadowview Convention Center in Kingsport The Ralph Stanley Museum hosts Dr. Ralph Stanley's 80th Birthday Dinner and Fundraiser 6 p.m.
7 Empowered Women Entrepreneurs Day, National Birding Day, National Love Our Children Day, No Housework Day, World Health Day
Allandale Mansion Grounds, Kingsport 3rd annual Easter Egg Hunt. 11am-1pm
Johnson City- Winged Deer park Smith Brothers Harley Davidson Easter Egg Hunt 1pm to 3pm. For more info call 423-283-0422.
8 Easter, Trading Cards for Grown-ups Day
9 Jenkins Ear Day, National Cherish An Antique Day, National Former Prisoner of War Recognition Day
10 Commodore Perry Day, National Sibling Day, Salvation Army Founder's Day
Freedom Hall Joseph & the Amazing Technicolor Dreamcoat 7:30 www.freedomhall-tn.com
11 Barbershop Quartet Day, Poetry & The Creative Mind Day
12 National D.A.R.E. Day, Licorice Day, Mule Days, Walk on Your Wild Side Day
JCPL Tales & Talk Adult Book Group @10:30 am - Lying Awake by Mark Salzman
Civic Auditorium, Kingsport Job Fair 9:00a.m.-2:00p.m.
13 Blame Someone Else Day, International Plant Appreciation Day, Thomas Jefferson Day
Bristol Performance for Alice Parker Workshop, 7:30 p.m., First Presbyterian, Bristol sponsored by the Mountain Empire Children's Choral Academy (MECCA) www.meccacademy.org
14 Children with Alopecia Day, Pan American Day, Tangible Karma Day

King College Master class at Alice Parker Workshop, 9 am www.meccacademy.org
Sycamore Shoals The Skinner Family Band 7 pm
Jonesborough The Celtic Cupboard National Tartan Day Celebration of Scottish-American heritage with music, dance, food and contests.
Bristol, TN Steele Creek Park WILDFLOWER
 1:30 pm - 5:00 pm Nature Center's Wildflower Trail GRAND OPENING! Call 423.989.5616 for more information.
Hands On! Art Studio Celebrate spring by painting with watercolors
Hands On! Saturday, April 14, 11:00 & 1:00 - Voices from the Past Storytelling Rocky Mount Educators present Voices from the Past.
15 Take a Wild Guess Day, Equal Pay Day, Husband Appreciation Day
Hands On! Art Studio Celebrate spring by painting with watercolors
Hands On! - FREE Day! FREE admission 1:00-4:00!
16 Boston Marathon, TAXES DUE (because the 15th is on a Sunday), International Moment of Laughter Day
17 Blah! Blah! Blah! Day, Ellis Island Family History Day, Ford Mustang Day, National Stress Awareness Day, National Wear Your Pajamas To Work Day
18 Pet Owners Independence Day, Third World Day
19 Get to Know Your Customers Day, High Five Day, John Parker Day, Oklahoma City Bombing Commemoration Day
JCPL Tales & Talk Adult Book Group @ noon - Lying Awake by Mark Salzman
20 JCPL Friends of the Library BOOK SALE - Members Preview @ 6:00 - 8:00 PM
Warriors' Path State Park Spring Nature Festival Features some of the best nature guides and teacher/naturalists from across Tennessee. Covers a wide range of nature topics, followed by an outdoor nature walk. 4/20-4/22
21 World Cow Chip Day, Astronomy Day, Auctioneers Day, Kindergarten Day, National Chocolate-covered Cashews Day
JCPL Friends of the Library BOOK SALE - Open to Public @ 9:00 AM - 2:00 PM
Rocky Mount 19th annual Woolly Day 11am-5pm

22 Earth Day, Chemists Celebrate The Earth Day, National Jelly Bean Day
Hands On! Earth Day Celebration. Slide down the Katie Ellen Coal Mine to learn about natural resources and stop by the Eastman Discovery Lab for a special guest speaker.
23 World Book & Copyright Day
24 National Teach Your Children To Save Day
25 Red Hat Society Day, Administrative Professionals Day or Secretary's Day
26 Hug An Australian Day, Richter Scale Day, Take Our Daughters & Sons to Work Day
JCPL Explorers (K- 5th) - *Please Register 4:00 PM - "Under the Sea" with Diane Neslon
Hands On! 11:00 & 12:30 - Mountain Tales Storytelling with author and storyteller, Charles Maynard.
27 Arbor Day, Mantanzas Mule Day, National Hairball Awareness Day
Appalachian Fairgrounds 2nd Annual Quilt and Needlework Exhibit & Show 4/27-4/29 more information 423-727-9182 or 727-9021 ALSO 14th Annual Appalachian Antique Farm Show starts 8am each day. More info: (423) 753-8010
Bristol, TN Slater Community Center Arbor Day 11:00 am - 1:00 pm celebrate this important holiday over refreshments. Free tree saplings will be given to the first 300 participants! Call 423.764.4023.
28 Rebuilding Day, Sense of Smell Day, Workers Memorial Day, World Tai Chi & Qigong Day
Historic Jonesborough Visitors Center Spring Doll Show & Sale Antique, modern and collectible dolls. Clothes and accessories available
Hands On! 11:15 - 1:45 - Local Tales Storytelling Larry Kelley will share spirited stories that entertain, enlighten, and uplift listener of all ages.
29 Mother, Father Deaf Day, National Dance Day
JCPL Movie **Batman Begins** @ 2:00 PM
30 Hairstylists Appreciation Day, International Walk Day, National Honesty Day, Spank Out Day
JCPL Two's Company (age 2) 10:00 AM, Preschool Storytimes (age 3-5) 11:00 AM, Family Storytimes 6:30 PM

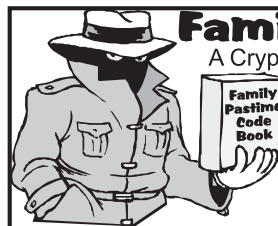
Catch up on all the local happenings. Read Family Pastime Magazine back issues online. www.familypastime.com

ACROSS

- 2. Journey to another place
- 3. Yellow fuzz balls
- 7. Bird restaurant
- 10. Grow like a _____
- 11. Opposite of Friday 13th
- 12. Bird abode
- 14. Sweet Treat
- 15. _____ in the sun
- 17. Eatable Bunnies and Eggs
- 19. Easter chapeau
- 22. Take care of the environment
- 23. Mrytle, Daytona, and Miami
- 25. Time to cut it
- 26. Daisies, Roses, and Lilies

DOWN

- 1. _____ Fools!!!
- 4. Blossoming Season
- 5. Peaceful spring pastime
- 6. Sweet Marshmallow Chick
- 8. Week out of school!!!
- 9. Hops to your house to deliver treats
- 13. You go back and forth on this
- 16. April _____ bring May Flowers
- 18. Easter activity loved by all
- 20. _____ Sunday
- 21. The boys of summer play this
- 24. Eatable treat to decorate



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which.

DBPAP'0 RKDBMRH XPDDPA DBWR W
 HKKU SAMPRU, PLIPJD W HKKU
 SAMPRU FMD B TBKIKZWP.

~Linda Grayson, "The Pickwick Papers"

If you need a clue look on page 18. Look for the answer next month or online if you just can't wait.

Line continued from page 17

trick the system...not so much). I get in the shorter of the two and begin to make small talk with my fellow good citizens. It turns out the woman behind me shares my superpower, low and behold so do the two people in the line next to us. Oh yeah, it's on! Me and my new "lousy line picking" friend behind me are determined that our powers of bad line picking are stronger than the two in the line next to us. We are resolute that our line will take longer than the other line. I'm not gonna lie to you, it really looked like my power would let me down but just as I was going to be next and the woman in the other line would have to wait for two more people to vote before she got to, something odd occurred at my voting machine. I don't know if the chads weren't hanging correctly, or the pen was out of ink or what but something occurred to keep me waiting just long enough for the so called "bad line picker" in the other line to vote before me. Hey, it ain't much but I take my victories where I can get them. **FPT**

Hard answer from last month

4	5	7	1	2	6	8	9	3
3	8	6	9	4	7	1	2	5
1	9	2	8	5	3	4	6	7
8	6	4	2	1	5	7	3	9
2	7	1	4	3	9	6	5	8
5	3	9	7	6	8	2	4	1
9	4	8	3	7	2	5	1	6
6	1	3	5	8	4	9	7	2
7	2	5	6	9	1	3	8	4

Sun Safety

Continued from page 13

Apply sunscreen in a thick layer and reapply every two hours or after swimming. Be aware that sunscreen has a shelf life of about two years. Sunscreen is not recommended for children under 6 months, so it's best to keep babies in the shade.

- Limit time spent in the sun and avoid the peak hours between 10 a.m. and 4 p.m. Encourage your child to play in the shade.
- Wear a hat, preferably one that's wide-brimmed. If it doesn't cover the ears, be sure to apply sunscreen to exposed areas.
- Use sunglasses to protect eyes from exposure to UV light.
- Dress in protective clothing, including lightweight long-sleeved shirts and pants when appropriate. When choosing fabrics, the closeness of the weave is the most crucial factor. For children, select SPF-rated garments with a minimum SPF of 30.
- Set a good example. Practice sun safety and your child will, too.

The National Children's Cancer Society says that sun safety is especially important for the growing population of childhood cancer survivors. For more information about health-promoting habits for cancer survivors, visit www.beyondthecure.org. **FPT**

Courtesy of NewsUSA

? Why can't a rabbit's nose be 12 inches long?
Because then it would be a foot!

SUDOKU EASY

Instructions Below

2			1	6				8
		1		5		2		
	9	8	4		7	1	3	
4		3				9		5
	5			4			1	
1	9					4		2
	4	7	8		2	6	5	
		5		1		7		
3			7		5			4

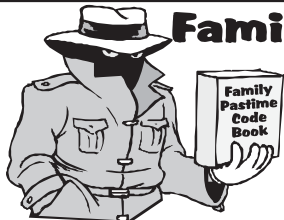
Sudoku Medium answer from last month

4	2	7	5	1	9	3	8	6
5	6	3	4	8	2	1	7	9
9	1	8	3	7	6	2	5	4
8	7	6	1	2	5	9	4	3
2	3	9	8	6	4	7	1	5
1	5	4	9	3	7	8	6	2
3	8	2	6	4	1	5	9	7
7	4	5	2	9	8	6	3	1
6	9	1	7	5	3	4	2	8

SUDOKU HARD

Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

		4			6			
	2			8		1	6	
	7		9					8
4				9		5		
	9		5	6	4			8
		5		2				6
2					3		5	
	8	1		4			3	
			2			8		



Family Crypto-Time
Last month's answer

"You've got to do your own growing, no matter how tall your grand father was."
ATYSORNSZWI MSP ~Popular Irish Saying

K I D W Q I P Q Q Y N Y T I L S T J H J H R G U A W
 P E B U D S V R N R E V E F G N I R P S Y I M E A S
 W T F L O W E R M Z K F J F Z N E S B L O O M R A Z
 W W C M H B U W K X C W J C Z F V M R D J C M M V P
 D J G N I N A E L C I T P X M K R P A G U I A S Q A
 D O M T U O O S D E H N G G P H G F S R E W O L F S
 W J S E T I K Z E U C R O P Q M F B C Y N Y S C N E
 V J Z K D D M B S B A J Q M R O K Z L Y B E W L C I
 R D Q S R L O P F S A N I J D G T N J V F E K G K G
 Y B F A H N X Q S B N L O I J E U N X S E I D N N E
 M U Y B N F L I U Z U P L S I X L S B T E G E I L S
 T N V E H M F Q T G C T H V T O I P E T G S N G P I
 C N T V E P D N N P A O T V X K P R E U T E M R Q O
 J Y H K L U Z G U B W M P E O K N O G I D G I I Z B
 V Y V A Y U T R H E T S N Z R U Y U E R G N V S H Y
 A F N W U U M R R R B K M R S F T T A E G A R V Y D
 R T N O A H D K I E Q G Z O D A L G C W R P E E P S
 K S E K I B C M H T A R H L S Q K Y J N J A I J J Z
 R P B N Z Q R K F M R M S A S S X J G X Y Z B N W G
 J E L L Y B E A N K A P I Z K G O A Q H N Z S B W F
 X B E U N U H M E T I P F Y O H G L E L M A R A I N
 M I M P Z T J S Z S N R L J N G Q L B A W C E O M T
 P R R I Z P E B G E B V U S P F Z I V Y S N S I P H
 D D X Z Q F R O G E O B P M S H O W E R S T G W C L
 D E N I H S N U S D W G A M C P H Z M N S K E X R C
 K E N U O E L O Q S F C P E Y H E D I S T U O R N X

In Search Of Spring

Words may be forwards, backwards horizontal, vertical or diagonal.

- | | | | |
|----------|-----------|----------|--------------|
| Baseball | Outside | Tulip | Basket |
| Bikes | Plant | Daffodil | Bonnet |
| Blossoms | Rain | Egg | Chick |
| Buds | Seeds | Flower | Jellybean |
| Camp | Showers | Frog | Gardening |
| Easter | Sun | Rabbit | Sprout |
| Fish | Warm | Rainbow | Spring |
| Flowers | Bee | Shower | Spring fever |
| Grass | Bird | Bunny | Lazy |
| Kites | Bloom | Peeps | Cleaning |
| Nest | Butterfly | Hunt | Sunshine |

- ? What season is it when you are on a trampoline? Spring-time!
- ? When do monkeys fall from the sky? During Ape-ril showers!
- ? A man wanted an Easter pet for his daughter. He looked at a baby chick and a baby duck. They were both very cute, but he decided to buy the baby chick. Do you know why? The baby chick was a little cheeper!
- ? Who delivers Easter treats to all the fish in the sea? The Oyster Bunny!



HEALTH MATTERS

By: Patsy Meridith

At the molecular level, free radicals prematurely age our skin by causing it to dehydrate, blemish, wrinkle, discolor and even possibly develop cancer. Our skin loves antioxidants because they protect it from free radical damage caused

by sun exposure, environmental pollutants, poor diets and stress. Studies show that the extract of sea buckthorn has extremely high concentrations of over 100 bio-active antioxidants vital to the skin, including distinctive carotenoids, phytosterols (Omega-7) and polyphenols (also found in green tea). Widely used for centuries in China, Russia and Tibet, sea buckthorn has a documented history of relieving pain and inflammation, as well as repairing skin tissue in healing burns, ulcers, dermatitis, eczema, wounds and surgical incisions. Sea buckthorn is available in capsules (Omega-7), as well as topical lotions, serums and soaps. As always, we guarantee your satisfaction.



Johnson City Crossing Near Old Navy
423.610.1000 www.NFMonline.com
10-8 Monday - Saturday 1-5 Sunday

SUPER SUDOKU answer from last month

6	E	2	D	3	0	1	A	9	C	7	8	4	F	5	B
1	9	B	C	4	F	8	E	2	A	0	5	7	D	3	6
4	7	3	F	5	C	9	6	1	B	D	E	0	8	2	A
8	0	A	5	B	2	D	7	4	F	3	6	9	C	1	E
7	6	C	9	1	D	A	4	5	3	8	F	2	E	B	0
B	F	D	3	9	7	E	5	6	2	A	0	1	4	8	C
A	2	4	8	0	3	C	B	E	D	1	7	F	9	6	5
E	1	5	0	6	8	F	2	B	4	C	9	3	A	7	D
9	3	F	6	A	B	2	8	0	7	5	C	E	1	D	4
5	4	7	1	C	6	3	9	D	E	F	2	B	0	A	8
0	B	8	2	D	E	4	1	A	9	6	3	5	7	C	F
C	D	E	A	F	5	7	0	8	1	B	4	6	2	9	3
D	8	9	7	2	4	5	F	C	6	E	B	A	3	0	1
3	C	0	4	7	A	B	D	F	5	9	1	8	6	E	2
2	A	6	B	E	1	0	3	7	8	4	D	C	5	F	9
F	5	1	E	8	9	6	C	3	0	2	A	D	B	4	7

How to Find the Right Residential Summer Camp for Your Child

Many of today's parents can remember going to a "sleepaway" summer camp some 20 or 30 years ago. Most look back at the experience with great fondness, when society and life in general seemed quieter, friendlier and simpler for children.

These days many of those same parents often dismiss the same summer camp experience for their own children.

Why? Research conducted by the

American Camp Association (ACA)

shows that many parents are concerned about security for their children in our increasingly complex society and instinctively want to keep their children close and safe.

The same research,

however, shows that parents want to provide the best opportunities for their children. They want them to have whatever it takes to be happy and successful -- good health, the ability to get along with others, thinking and problem-solving skills, self-reliance and a good self-image.

It is interesting and helpful for parents to learn that what they want for their kids is still available -- in a residential camp experience. According to Sam Cote, executive director of the family-owned Camp Lincoln for Boys and Camp Lake Hubert for Girls in Minnesota's lake country, children need their own positive experiences of structured independence in a positive, nurturing environment away

from the distractions of the city.

"We've found that, generally speaking, the younger the children are when they begin coming to our camps, the more the positive influences of the camp experience tend to be. They build from year-to-year and become part of their character long-term. They have memories, values and friendships that continue into adulthood," Cote says.



Cote adds that there are several factors parents should consider when selecting a residential summer camp: ACA accreditation; program flexibility, with programs ranging from full choice to structured; length of stay, from anywhere from two to eight weeks; distance from home, comparing the environment you want for your child with your own level of comfort; and price -- traditional sleepaway summer camps range in cost from \$450 to \$1,000 a week. Many times there are tuition breaks and scholarships for children with more limited incomes.

Once you have decided on what kind of camp program you want -- whether at an accredited independent such as Camp Lincoln-Camp Lake Hubert, an agency camp like YMCA or Boy/Girl Scouts or a religiously-affiliated camp -- some additional questions should be considered: application process and deadlines; camp's opening and closing dates; transportation availability to and from the camp; accessibility for physical disabilities if applicable; and whether



the camp meets state and local health standards and regulations for operation.

What is the proper age to consider sending your child to camp? Cote suggests that it varies from child to child and family to family, but usually around 2nd or 3rd grade children start talking about camp. Experience shows that with younger children it is best to arrange a tour of the camp the season before you may want to send your child to camp. Most camps offer such tours.

"At our camps we offer family tours through the summer during each session, though we request parents call for an appointment so we can schedule it. In some instances, parents spend the night at our nearby affiliated resort, Grand View Lodge, so the child or children get a full understanding of the camp's culture and action by observing a full day's activities," he says.

For more information on summer camps in general, contact www.acacamps.org or for Camp Lincoln-Camp Lake Hubert in particular, call Sam Cote at (800) 242-1909 or visit their Web site at:

www.lincoln-lakehubert.com **FPT**

Courtesy of ARA content

? Did you hear the one about the Easter Bunny who sat on a bee?
It's a tender tail!

JOHNSON CITY MEDICAL CENTER
Caring for your heart



MARK, HEART PATIENT
Johnson City

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 the better you get...
 the same is true
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 "Screenings That Could Save Your Life!"



*Top 100 Heart Sources: Solucient, 2004; DataAdvantage, 2005 and 2006