

APRIL

2008

FREE



THE magazine for the WHOLE family

Volume 3 Issue 9



["Springtime"]

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THE Magazine for the WHOLE Family



WHAT: Annual Kid Power Event

WHEN: Saturday, May 10,
10:00 am until 2:00 pm.

WHERE: The Appalachian
Fairgrounds in Gray

Empowering Kids for Success

This is a great opportunity for you to help celebrate and empower the kids in our region. The event will offer a variety of children's activities including performances from area dancers, singers, games, face painting, demonstrations, tin punching, storytellers, and more. The event will feature displays providing services to children and families in the region.

Plan to bring your family or if you wish to set up a booth contact Kid Power at

APRIL WEEKLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • Laugh at Work Week: 1-7 • Golden Rule Week: 1-7 Link • Medication Safety Week: 1-7 • Hate Week: 4-10 • Alcohol-Free Weekend: 4-6 • North American Occupational Safety & Health Week: 5-10 • National Blue Ribbon Week: 6-12 • National Week of the Ocean: 6-12 • Explore Your Career Options: 7-11 • National Public Health 7-11 • National Work Zone Safety Awareness Week: 7-11 • National Networking Week: 7-13 • Pan American Week: 13-19 • Pediatric Nurse Practitioner 13-19 • National Crime Victims Rights Week: 13-19 Link • National Library Week: 13-19 • National Personal Training 13-20 • Week of The Young Child: 13-19 • WOC Nurse Week: 13-19 • National Inspirational News Week: 13-19 • Young People's Poetry Week: 14-20 | <ul style="list-style-type: none"> • National Occupational Health Nursing Week: 14-18 Link • National Wildlife Week: 19-27 • Administrative Professionals 20-26 • Coin Week: 20-26 • Cowboy Poetry Week: 20-26 • Innovation Week: 20-26 • National Karaoke Week: 20-26 • National Park Week: 20-26 • National Window Safety 20-26 • Sky Awareness Week: 20-26 • Fish Fry Week: 21-26 • Heritage Week: 21-26 • TV Turn-off Week: 21-27 • Global Road Safety Week: 23-29 • Scoop the Poop Week: 24-30 • National Dance Week: 25-5/4 • National Dream Hotline: 25-27 • National & Global Youth Service Days: 25-27 • National Volunteer Week: 27-5/3 • Safe Kids Week: 4/27 to 5/3 • Police Officers Who Gave Their Lives In The Line of Duty Week: April 29-5/5 |
|--|--|

APRIL MONTHLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • Alcohol Awareness Month • Amateur Radio Month • Autism Awareness Month • Cancer Control Month • Celebrate Diversity Month • Cesarean Awareness Month • Couple Appreciation Month • Emotional Overeating Awareness Month • Financial Literacy Month • Fresh Florida Tomatoes Month • Global Child Nutrition Month • Grange Month • Holy Humor Month • Home Improvement (4/1-9/30) • Informed Women Month • Injury Prevention Month • Customer Loyalty Month • International Daffynitions Month • International Twit Award Month • IBS (Irritable Bowel Syndrome) Month • Jazz Appreciation Month • Keep America Beautiful • Month of the Young Child • Month of the Military Child • National Car Care Month • Child Abuse Prevention Month • National Decorating Month • National Donate Life Month | <ul style="list-style-type: none"> • National DNA & Genomics & Stem Cell Education & Awareness Month • National Humor Month • National Kite Month • National Knuckles Down Month • Landscape Architecture Month • Occupational Therapy Month • Parkinson's Awareness Month • Prepare Your Home To Be Sold Month • National Pecan Month • Pet First Aid Awareness Month • National Poetry Month • Youth Sports Safety Month • 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 • Stress Awareness Month • Southern Belles Month • Women's Eye Health & Safety Month • Workplace Conflict Awareness Month • International School Spirit Season (April 30 - Dec. 26) |
|--|--|



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Time For Some Financial Spring Cleaning?

You may or may not engage in many of the typical activities of “spring cleaning” - de-cluttering the attic, reorganizing your closets, touching up the paint, etc. - but you can almost certainly benefit from “sprucing up” your financial situation.

As you survey your financial landscape, what areas might you want to tidy up? Here are a few suggestions:

\$ Clear your portfolio of “redundant” investments. Over time, you may have built a sizable investment portfolio. But if you have too many investments that look alike, you may actually be hindering your progress toward your goals. After all, if you own a dozen stocks of companies in the same industry, they’re all likely to be buffeted by the same economic forces. Look for opportunities to replace some of these “redundancies” with different types of securities, taking into account your risk tolerance and time horizon.

\$ Organize your financial records. If you’re like those of us who file our taxes at the last minute, now is the perfect time to organize your financial records, because you’ve probably got them close at hand. And

it’s not just a matter of having your brokerage and 401(k) statements in nice, neat piles. Once you’ve got these documents together, you might see opportunities to consolidate some of your accounts. For example, you may have IRAs with different banks and financial services companies. By moving them all to one provider, and possibly rolling over an old 401(k) into an IRA, you could save some fees and reduce your paperwork, but, more importantly, you may find that such a move actually helps you better manage your investments. You’ll know exactly what you’re invested in, and it will be easier to follow a single investment strategy. Also, with all your IRAs in one place, it will be much easier for you to manage the required minimum distributions you must start taking when you turn 70-1/2. (These distributions are not required for Roth IRAs.)

\$ Review your “systematic” investments. Many years ago, you might have started systematically moving money from your checking account into an investment. But perhaps the circumstances of your life have changed and this money could better be used elsewhere. Scrutinize your automatic investments to see if

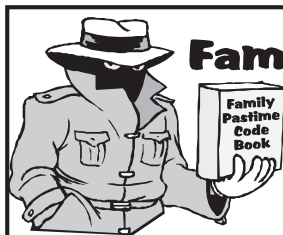
they still make sense for you.

\$ Check your beneficiaries. Beneficiary designations on financial documents - insurance policies, IRAs, 401(k)s, etc. - are extremely important, because they supersede even the instructions in your will. Over time, your family situation may have changed, through death, divorce, remarriage or the birth of new children, so you should periodically review all your beneficiary designations.

\$ Examine your insurance coverage. When you have a young family, you need a certain amount of life insurance coverage to provide for some major expenses - such as your mortgage, college for your kids, perhaps some retirement funds for your spouse. But when your children have grown, your mortgage is paid and your spouse has decades’ worth of retirement savings, your insurance needs may change considerably. At the same time, you may find other uses for insurance. Take some time and review your insurance coverage with your financial advisor.

By following these “spring cleaning” suggestions, you can help put your financial house in order for the seasons to follow. Take action soon. **FPT**

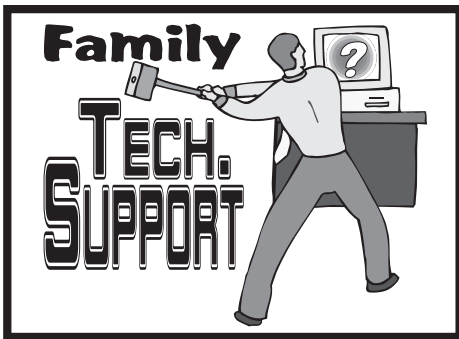
Provided By: Lindsey Wortman Edward Jones Investment Representative



Family Crypto-Time Last month's answer

“There’s nothing better than a good friend, except a good friend with CHOCOLATE”.
 ETZQZ’G KXETMKB PZEEZO ETNK N BXXJ
 UQMZKJ, ZSRZCE N BXXJ UQMZKJ YMET
 RTXRXVNEZ. -Linda Grayson

- decadent: Possessing only ten teeth. (deca-dent)
- dilate: live long (die late)
- dockyard: A physician's garden. (doc yard)



How To Remember ALL Those Passwords

By: Chris Joker

own 375 dolls, embarrassing? Maybe. But certainly not devastating. So use a weak password for information that isn't sensitive and a strong one for information that is. Why not just use the same strong password for all? Let's say that a less than scrupulous employee has access to your password at cabbagepatchdolllovers.com (In case any cabbagepatchdolllovers.com employees are reading this, let me just say I use this only as an example. I am sure a vigorous screening process is followed for all hires and none of the employees would ever be less than scrupulous). If you use the same strong password there as at your bank, the cabbagepatchdolllovers.com employee may then use that password to clean out your bank account or sell it to someone else who will.



According to PC Magazine the 10 most popular passwords are:

1. password
2. 123456
3. qwerty
4. abc123
5. letmein
6. monkey
7. myspace1
8. password1
9. blink182
10. (your first name)

Are you protecting your personal information with a strong password? If you are like me you have more passwords than you really want. You should have more than one password. The problem then becomes remembering your passwords. Because of this, often times people will use something easy to remember like their dog's name or their birthday. This is a BAD habit to get into. You should prioritize passwords based on the information they unlock. What I mean by that is you might want to have a really strong alphanumeric (uses numbers AND letters) case-sensitive (uses UPPER and lower case letters), special character (uses characters such as: #%&*!>) password for your sensitive information such as your credit card website and then an easy to remember password for less sensitive information such as your online account at the cabbagepatchdolllovers.com website. When creating or re-using a password you should consider what the risk is if the password is discovered? If it is the password for your online banking there is potential for real harm if that password is discovered, on the other hand if someone cracks your cabbagepatchdolllovers.com website password what's the worst that can happen? Maybe they will discover that you

So, how do you manage multiple passwords? One option is to use a password management software program such as RoboForm, TurboPasswords or Password Organizer Deluxe (to name 3 of many). These range in price from about \$30 to \$65.00. There are some free password management programs available but somehow I don't think, in this case, free is such a good idea. A good program should accommodate many different information types such as credit card numbers, bank accounts and login information. The program should also encrypt your data with a non-proprietary encryption method. The nice thing about these programs is most will include a password generator that will create a strong password for you. You will not need to remember this password, however, you will need to remember the password to get into the password manager program. I don't use them so I cannot recommend any of them. It just seems like a hassle to me. And if I use the random generator for the password and I want to login to my bank account while I'm visiting at Uncle Doc's house, I can't. And believe me, Uncle Doc WILL NOT front me the cash.

So how else can you maintain secure passwords and remember them? First, be sure to prioritize and use an easy to remember password for things you really don't mind if someone gets access to. Second, you need to create a password formula. Do not ever use words straight out of the dictionary. Always add numbers or

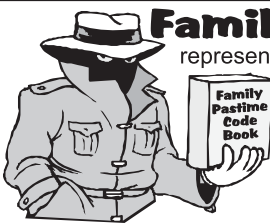
special characters. If your word is ice-cream you might use !c3-cr34m the I is !, the e becomes 3 and the a becomes 4. This is easy to remember if you ALWAYS do it. You have to remember the formula so that you can remember the password. You might use something like this: Mary had a little lamb! Then in the password use Mh4ll!. Now if you wish to leave a note somewhere to remind you, you simply write "Mary little!". Here's another: Old McDonald had a farm becomes: 0mh4f (use 0 for O and 4 for A). Maybe you want something stronger. First decide which is your favorite special character like %. Now always use this character at the beginning and end of all you passwords. Now pick a 4 digit number, like your favorite cabbage patch doll's birthday February 5, 1977 (2/5/77) which becomes 2577 then pick a simple password you can remember like the website you are logging into such as Bank of Tennessee (BOT) or (B0T---remember to always use the zero instead of the o for words with and o and o instead of zero for numbers with a 0). Now since some passwords require you to change them every 90 days or so add a date such as the calendar quarter and the calendar year (Quarter 2, 2008 or 22oo8) now your password becomes %2577B0T22oo8%. If you need to write a memory cue for this one you can write Cabbage birth FICA Quarter (you don't need to write the % because you will ALWAYS use it). Another idea is to combine these two ideas into one that works for you. As long as you pick a formula and stick to it you should have no trouble. Next month ----you tell me. Send an e-mail to: tech@familypastime.com and let me know what you want to learn about. **FPT**

Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

DAFFYNITIONS:

In honor of International Daffynitions Month, A daffynition is a pun format involving the reinterpretation of an existing word, on the basis that it sounds like another word (or group of words, we offer the daffynitions throughout the magazine.

- Abominable: A bull that swallowed a bomb.
- Alarms: What an octopus is.
- Bigamist: An Italian fog bank.
- Buccaneer: too much to pay for corn
- Burglarize: What a crook sees with
- Dandelion: A fashionably dressed big cat

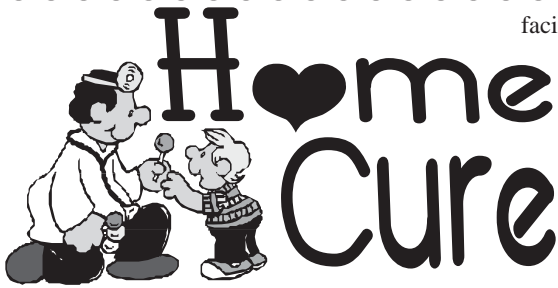


Family Crypto-Time

In the encrypted phrase below each letter represents another letter (such as Q actually is A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.

"YBMWZT WY ZPDRMC'Y NPT QU YPIWZT, 'XCD'Y BPMDI!" -Robin Williams

look on page 18 for a clue. Look for the answer next month or online.



Acne Cures

- Take garlic capsules, they boost the immune system and kill the bacteria found in acne.
- Lavender oil applied directly on the acne area.
- Put Tea tree oil on the acne affected skin. This is a natural antibiotic.
- Eat Shellfish, soybeans, sunflower seeds, and nuts, these are all rich in zinc which is an antibacterial.
- Drink lots of water. This will help clean the body by carrying out waste.
- Increase intake of foods naturally high in vitamin A (dark colored fruits & vegetables, lean protein) and zinc (nuts & legumes) as both are important to skin health.
- Avoid refined and/or concentrated simple sugars and iodine.
- Eat four red delicious apples a day for five days straight.
- Mix equal parts of fresh grape and pineapple juice and apply it to the acne affected area three times daily.
- Mix one tablespoon of apple cider vinegar and 10 tablespoons of mineral water apply the mixture to the acne-affected skin using cotton balls.
- Eat low fat yogurt, a healthy bacteria contained in this type of yogurt helps the body to excrete toxins from the digestive system.
- Change your pillowcase three times a week; the constant rubbing of expelled skin and oil while sleeping will contribute to spreading and exacerbation of acne.
- Mix of lemon juice and rosewater: this

facial mask can do wonders for your skin and has a wonderful smell as well.

Mix fresh lemon juice and rosewater, apply it on your face using a cotton pad and wash it off after half an hour.

- Egg white: this mask can tighten your skin and make large pores appear smaller. Apply egg white on the acne-affected areas and rinse it off after 20 minutes with cool water.
- Toothpaste: apply it on the affected area. Toothpaste can greatly reduce the swelling and redness of pimples.
- Ice: place an ice cube on the pimple for a few minutes to reduce the swelling.
- Raw potato: it can nourish your skin and reduce the swelling.
- Cucumber: make a cucumber paste and leave it on your face for 30 minutes. This mask can nourish your skin and help it to calm down.
- Almond oil: this amazing oil can prevent and even cure acne scars.
- Make a paste by mixing honey and cinnamon powder. Apply this paste on the pimples before sleeping and wash it next morning with warm water. Repeat for two weeks, pimples will disappear forever.
- Apply a mixture of 1 teaspoon lemon juice and 1 teaspoon cinnamon powder. Note that this remedy is not for sensitive skin.
- Make orange peel paste by grinding it in some water. Apply on and around pimples.
- Rub fresh garlic on and around pimples. Pimples will disappear without a mark with regular applications.
- Mix 1 tablespoon ground nut oil with 1 tablespoon fresh lime juice to prevent formation of blackheads and acne .
- Apply fresh mint juice over the face every night for the treatment of pimples, insect stings, eczema, scabies, & other skin infections.
- Apply a paste of fresh fenugreek leaves over the face every night for 10-15 minutes and washed with warm water. This will prevent pimples, blackheads, and wrinkles.
- Apply juice of raw papaya (including the skin and seed) on swelling pimples or acne.
- Apply fresh lime juice mixed to a glass of boiled milk as a face wash for pimples, blackheads, and cracked skin.
- Mix lime juice and rosewater in equal portions. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Apply ripe tomatoes pulp on acne pimples and keep up to 1 hour, then wash.
- Make a paste of roasted & powdered pomegranate skin with fresh lime juice and apply to affected areas.
- Apply grated potatoes as poultice.
- Make a paste of sandalwood with rose water. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Make a paste of ground radish seeds with water, apply on face.
- Apply a paste of ground sesame seeds with water as poultice.
- Make a paste of salt in vinegar. Rub it on the pimples. Wash it off after 20-30 minutes with lukewarm water.
- Make a paste of turmeric powder in mint juice. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Make a paste of neem leaves with turmeric powder. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Apply fresh mint juice over face every night for pimples or acne prevention.
- Drinking of wheat grass juice may remove acne.
- Cook oatmeal and apply on face for fifteen minutes, then wash.
- Make a warm bath with blanch of nettle and rosemary to reduce the acne.
- Eat a medium grated radish with every meal.
- Drink 2 cups of rosemary tea.
- Drink 3 glasses of water with squeezed lemon and honey.
- Mix 1 tablespoon of dried or fresh yeast with 2 tablespoons of lemon juice; apply on face, wait until it gets hard (try not to move), peel or wash with warm water.

NOTICE: "Home Cures" are meant as information *only* these are merely a record of ways someone may have dealt with common health issues. We make no guarantee that they work or that they are without side effects. *Never* attempt any of the ideas reported in this column without consulting your physician first. Send a "Home Cure" that works for your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

You Are The Apple Of My Eye

Meaning

Originally meaning the central aperture of the eye. Figuratively it is something, or more usually someone, cherished above others.

Origin

The first recorded examples of this idiom can be found in Old English in a work attributed to King

Alfred (the Great) of Wessex, AD 885, entitled Gregory's Pastoral Care. Back then, the pupil of the eye was thought to be a solid object and was actually called the apple, most likely



Say WHAT???

By: Family Pastime Staff

because an apple was the most common spherical object around at the time. So back then the apple of one's eye was a literal phrase describing the pupil. Because sight was so precious, someone who was called this as an endearment was considered just as precious to the one calling him or her that.

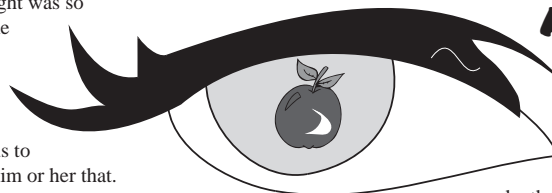
The earliest recorded use in modern English is in Sir Walter Scott's Old Mortality, 1816:

"Poor Richard was to me as an eldest son, the apple of my eye."

It also appears in two places in the Bible, Deuteronomy 32:10 (King James Version)

He found him in a desert land, and in the waste

howling wilderness; he led him about, he instructed him, he kept him as the apple of his eye.



And Zechariah 2:8:

For thus saith the LORD of hosts; After the glory hath he sent me unto the nations which spoiled you: for he that toucheth you toucheth

the apple of his eye.

Another early reference is that of Shakespeare: "Flower of this purple dye, / Hit with Cupid's archery, / Sink in apple of his eye", (A Midsummer Night's Dream).

Over time the idiom moved from the literal to the figurative sense we are familiar with today. **FPT**

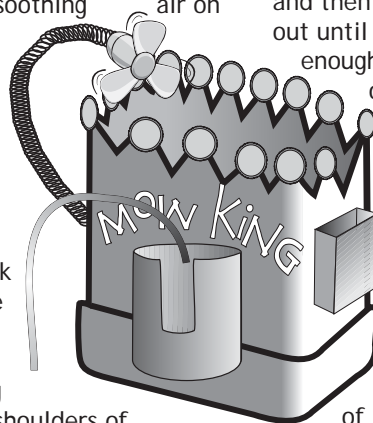


By Chris Joker

Mow King

It's springtime and that means warm weather, re-growth, and flowers blooming. Nothing says springtime more than the sound of the season. I know spring is here to stay when I go to bed with the windows open and awaken to that beautiful "music". First you hear one and then two and then a whole glorious chorus. The red-bellied Toro, the green-tipped Deere, the orange-crested Husqvarna and on occasion the rare and much sought after blue-striped Simplicity. It makes my heart all squishy just thinking about it. In fact I have left writing this column for a short bit to go out in the yard, cock an ear and listen. I can't hear them yet but I can feel they are coming. Every year in my neighborhood there is a long-standing contest to see who can mow first. We have this incredible crown for the winner. I don't know where it originated but it's pretty elaborate. Picture your basic anti-freeze jug cut into a crown shape, bottle-cap bejeweled, and spray

painted gold. It also sports cup holders mounted on each side with a drinking tube attached to each holder. It has a tinted face shield to combat debris and bugs, attached earbuds and an Ipod holder. Last year's winner Half-stache Wilson also attached a solar powered mini fan that blows soothing air on the wearer. He first tried mounting it so the fan went under the tinted face shield, this, of course, would be how he earned his nickname. After his moustache grew back he chose to have the air blow down from the center of the crown gently cooling the head, neck and shoulders of the mow king. We used to have a cape that went with the crown but after the horrible mulching accident of 2001 we pretty much just have the crown now. I must add kudos to "Sore-neck" Jergenson for having the foresight to



change the cape tie to velcro in the spring of 2000 otherwise there may have been a neighborhood funeral for "Shorty" Magilicutty. The rules for the first-to-mow contest are pretty loose in fact there is really only one over-riding master rule: "If you mow and then there's snow this year's crown you must let go" (I wrote that. I'm darn proud of it). So if you decide to hop on your tractor on a warm February afternoon and then the snow falls in March, you are out until next year. As if that weren't enough, you have to endure the taunts of "snow-mower, snow-mower" from all the neighborhood kids and if, God forbid, you have to borrow a tool from a neighbor you can expect him to ask "will I get this back before it... snows?" or "That also works to remove snow from your driveway" or "Be sure to let it warm up before you use it, you know to melt the snow out of it?" Victorious dads can be so cruel. I am so fearful of having to give up the crown and suffer the taunting that I generally wait until June for my first mow. Sure it's a little late but I have yet to give up a crown...I have yet to

Please see "FKJ Mow King" on page 20



**The
Twelfth
Annual
National
Teach
Children to
Save Day is
April 29**

WASHINGTON—
Today's teens are
active consumers,
spending \$180 billion
annually. But are they
saving in addition to
spending? To enlighten
our youth on the
importance of saving,

thousands of bankers will teach savings lessons across the country in honor of the 12th annual National Teach Children to Save Day, a program sponsored by the American Bankers Association Education Foundation. "Bankers and financial

The Importance Of Saving, Straight From The Banker's Mouth

education are a perfect fit," said Laura Fisher, director of ABA Education Foundation. "Students appreciate financial lessons from bankers, as they would appreciate music lessons from a musician. They are literally getting the information 'straight from the banker's mouth.' And this makes a difference."

Recent studies report that almost 90 percent of young people have never taken a class in personal finance, although they spend billions each year. Fisher explained that youth spend an average of \$104 per week and the figures highlight the urgent need for financial education.

The good news? On Tuesday, April 29, bankers will incorporate games and activities into lessons on the concept of saving, how interest makes money grow, how to create a budget and differentiate between needs and wants. Since the Foundation launched the Teach Children to Save Day program in 1997, more than 45,000 banker volunteers have reached nearly 2.3 million students with saving lessons. "Without bankers and programs like Teach Children to Save Day many would enter into adulthood with little or no financial education," emphasized Fisher. "Bankers who have

taken the lead to educate millions on the importance of saving show a true commitment to our youth and their customers."

Participating bankers will schedule presentations at their local elementary, junior or senior high school, during after-school programs or at community centers. The Foundation offers two Teach Children to Save resource kits, one for grades K-6 and one for grades 7-12. These turnkey resources include: planning materials and helpful hints and tips for bankers, communication materials, age-appropriate, interactive lesson plans with corresponding activities and resources for families to share. Kit materials support the National Standards in Personal Finance established by the JumpStart Coalition for Personal Financial Literacy, as well as curriculum standards established by the National Council of Teachers of Mathematics, the National Council of Teachers of English, the American Association of Family and Consumer Sciences and others.

For more information on National Teach Children to Save Day, or to purchase Teach Children to Save resource kits please call the ABA Education Foundation at 1-800-BANKERS or visit www.abaef.com. **FPT**

- dynamite: To take a flea out to dinner. (dine-a-mite)
- garbage: Eatables smelled backwards. (smelled-spelled)
- geometry: What the sapling said when it grew up. ("Gee, I'm a tree")
- hula dance: Wild waist show. (Wild West-wild waist)
- indistinct: where one places dirty dishes (indistinct/in the sink)
- paradox: Two doctors. (pair of docs)
- parasites: What you see from the top of the Eiffel Tower. (Paris sites)
- pasteurise: Too far to see. (past your eyes)
- pronoun: A noun that has lost its amateur status. (pro + noun)

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SUDOKU Medium

Instructions on page 21

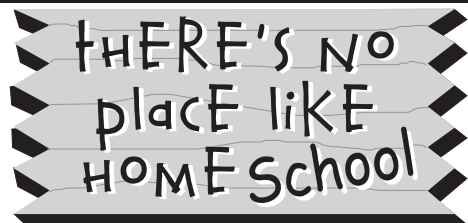
	1	7	8		5			
	9	7		5		8	4	
5	6			1				7 2
			6	9				
		1		4		5		
			5	1				
6	4			8				3 5
	7	3		6		2	8	
	8		3		7			1

Easy Answer From last month

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

Last month's HARD answer

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



A Homeschoolers Dream ~ The Living Books Library!

By: Lisa Baughn

So often we read lists of great books, books your children should read, history lists and more, all with a sea of books we cannot seem to find. We wander around our local public libraries wondering where these old titles we see in many homeschooling booklists, curriculum guides and history lists are hiding. Well, wonder no more! Over the mountains a short drive, in Abingdon VA, is a delightful collection of living books, neatly assembled into a private library that homeschoolers can join!

A private library? Yes, the Living Books Library is the dream of homeschooling mom Liz Cottrill and her daughter Emily. The Cottrill's moved to Abingdon a few years ago and immediately longed for the private library of a friend from back home, none other than Michelle Miller of TruthQuest History guides. Michelle's library had over 20,000 titles, and the Cottrill's determined to create a similar library and started collecting their own books. They were able to acquire a large amount of books, from preschool to adult and add continuously to the collection each month. Emily has carefully chosen, catalogued and arranged over 8500 titles. Their entire home is a filled with shelves and shelves of great classics, old treasures, books on art, geography, science, picture books and history, all full of warm heartfelt stories, in the warm setting of their adorable home.

Emily says, "Our collection of out of print books are primarily from before 1970. Michelle Miller says the 'golden age' of children's literature was from the 1930's-1960's. A plethora of wonderful books were being written for children. Fiction and nonfiction, with a narrative style, telling a story that captures the imagination of children, and is essential for children to learn. This is generally absent from most books written today. After 1970, the government began funding libraries and everything changed. Before that, in public schools, funds were limited, so libraries were made of good quality publications that were literally the cream of crop. After the 70's, as money poured in, libraries could buy more twaddley, fluffy books. The caliber of literature declined."

Many families are using the popular Five in a Row unit study guides by Jane Lambert based on children's literature. The Living Books Library has created FIAR tubs full of everything needed to do the unit study. One FIAR tub per unit, gives you a week or two of material ideal for preschool and younger elementary students.

You will also find many of the literature based history programs. The TruthQuest History guides are a literature-based approach that is ideal for large families. Each TQ guide includes books for all grade levels, which help families use the guide as a core study. It includes book lists for each age group in

the family, and most of the books can be found at the Living Books Library. The TQ guides are tailored to any style of teaching and any pace. Children study history chronologically with a worldview guide. Emily is busy working on collecting most of the books in the TQ guides. She always has something on a topic.

To serve library patrons further, Emily scours curriculum catalogs, and has many of the books recommended by Veritas Press, Beautiful Feet, Tapestry of Grace, My Father's World, and Sonlight! The Cottrill's are amassing an incredible collection that keeps growing. They are moving the library this summer to a larger area, which will allow the collection to grow.

If you are interested in joining this fascinating private library, please contact Emily at the Living Books Library, (276) 676-3358. She can give you all the details on joining the library, on membership fees and application, FIAR tubs, and more. The Cottrills are passionate about their books and really invest their time and effort into giving your children a great literature based education. She is always willing to give you a great recommendation and share the best living books with your family! We highly recommend this homeschooling resource to ALL families in the area! **FPT**

Lisa and her husband Dave Baughn have homeschooled for 9 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 e-mail them to homeschooling@familypastime.com.

Lisa is launching a new website soon (www.ThePrudentWife.com) with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

Last month's Sudoku Medium answer

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

- propaganda: A gentlemanly goose. (proper gander)
- quack doctor: One who "ducks" the law.
- shrewd: A rude shrew. (shrew + rude)
- shrink: An ice-skating shrew. (shrew + rink)
- suitable: A cow. (Suit a bull)
- Adult: A person who has stopped growing at both ends and is now growing in the middle.
- Aquadextrous: Possessing the ability to turn the bathtub tap on and off with your toes.
- Arachnoleptic fit: The frantic dance performed just after you've accidentally walked through a spider web.
- Arbitrator: A cook that leaves Arby's to work at McDonald's.
- Aromatic: An automatic crossbow.

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 Earl Garretson Independent Educational Consultant



Family Helpful hints are tips and ideas to help make families lives easier. We cannot guarantee or endorse any of these tips, please use at your own discretion. If you have some to add please send them to: "Family Helpful Hints" **Family Pastime Magazine** P.O. Box 3161, Johnson City, TN 37602-3161 or e-mail them to hints@familypastime.com

Family Helpful Hints

Newspaper Weeds Away: Start putting in your plants; work the nutrients in your soil. Wet newspapers

put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

Place a dryer sheet in your pocket. It will keep the mosquitoes away.

To keep squirrels from eating your plants sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

Flexible Vacuum: To get something out of a heat register or under the fridge, add an empty paper towel roll or empty gift-wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and static is gone.

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

Buy a chalkboard eraser and keep it in the glove compartment of your car. When the windows fog, rub with the eraser! Works better than a cloth!

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two and it will unseal easily.

To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dish washing liquid, mix well. You will find those flies drawn to the cup and gone

Put small piles of cornmeal where you see ants. They eat it, take it "home," can't digest it, so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed! **FPT**

- ➔ Avoidable: What a bullfighter tries to do.
- ➔ Barbecue: A line of people waiting for a haircut.
- ➔ Beauty Parlor: A place where women curl up and dye.
- ➔ Blamestorming: Sitting around in a group, discussing why a deadline was missed or a project failed, and who was responsible.

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 & click on the "answers" button.

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

SUDOKU EASY

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.

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



Infant Health: Issues of Prematurity

By: Joanna Swinehart

A ring, a paper clip, a band-aid and a coffee stirrer. What do these items mean to a family affected by prematurity?

An ordinary wedding band can slip around the arm of a low birth weight baby.

A paper clip is about the size of a preterm infant's foot.

A band-aid is the size of a premature baby's blood pressure cuff.

The difficulty you have breathing out of a coffee stirrer is what a premature infant faces with each breath from its underdeveloped lungs.

Today 1,367 babies in the U.S. will be born prematurely. Thirteen of these babies will not survive. Many of the survivors will be too small and too sick to go home. Instead, they face weeks or even months in a neonatal intensive care unit (NICU). The Children's Hospital at Johnson City Medical Center (JCMC) treats more than 400 of these infants each year. These babies face an increased risk of death and serious medical complications.

What is Prematurity?

A mother who delivers a full-term infant has had a 40-week gestation period. A newborn is considered premature if it is delivered before 37 weeks of gestation. Premature infants typically weigh less than 5-1/2 pounds, and can weigh less than a pound. Typically, the earlier a baby is born, the less time it has had to develop, so it is at a higher risk for complications and has a lower chance of survival.

What are complications of Prematurity?

There are very specific times when babies growing

inside their mothers reach maturity. Some parts of the body such as the heart complete their development early in pregnancy, but other parts such as the lungs are the last to progress. When the normal growth process inside of mom is stopped, the areas that are not fully developed are at the greatest risk for complications. Generally speaking, the more premature a baby is, the higher the risk of complications.

Premature babies often have difficulty maintaining their body temperature, and have difficulty with feeding and need to eat more frequently. It takes a large amount of energy to support processes that full-term babies and adults can accomplish easily. Babies born early typically require more sleep, which makes it harder to fit in the additional feedings needed to supply the baby with much-needed calories. Breathing problems are also common with premature infants, since a baby's lungs are usually the last organs to fully develop.

While some of these complications are treatable and may not cause long-term issues, many children that are born prematurely have long-term conditions such as chronic lung disease, cerebral palsy, seizure disorders, gastrointestinal problems, blindness and deafness, as well as delayed development and learning disorders. Some of the problems associated with premature birth stem from fragile areas of the brain that are prone to bleeding. When these underdeveloped blood vessels rupture, babies can suffer from long-term complications relating to their brain's ability to function properly.

Who takes care of premature babies?

A Neonatal Intensive Care Unit (NICU) is a specialized unit in a hospital that provides around-the-clock, specialized care for premature infants. Neonatologists are specialist physicians who oversee the care of premature infants in a NICU, but there are also many different professionals who work to achieve

the best possible outcomes for these fragile infants. Some of these people include advanced practice nurse practitioners, registered nurses (RNs) and licensed practical nurses (LPNs), respiratory therapists, nutritionists, physical therapists, speech therapists and social workers. A team approach is used so that every aspect of the baby's growth and development is addressed.

What are the costs of Prematurity?

Premature birth touches everyone. The emotional costs for families can be devastating and life changing. Weeks and months can be spent in the hospital, so often the emotional and financial impact for families is significant. Social workers and case managers work directly with insurance companies and state and federal programs to help ease the burdens that many families feel. The financial cost of caring for premature infants and potential lifelong medical conditions that are a result of prematurity affect families, businesses as well as the community.

What can be done to help the fight against Prematurity?

If you are planning on becoming pregnant or are already pregnant, you can contact an OB/GYN or midwife to schedule a prenatal appointment. In addition to seeing an obstetric healthcare provider, you can prepare for a healthy baby by eating a healthy diet, not smoking, and not using drugs or alcohol.

Even if you are not planning on having a baby, you can help prevent prematurity by encouraging pregnant mothers to receive prenatal care. Another way you can help is by supporting the March of Dimes. The March of Dimes is leading the campaign to reduce premature birth by supporting research and by educating the public and healthcare providers. The March of Dimes has been instrumental in research aimed to help prevent prematurity, as well as treatments to increase the survival rate for premature infants.

The March of Dimes' main fundraiser is the March for Babies (previously Walk America). This year's Tri-Cities March for Babies event will take place on April 19th at the **Appalachian Fairgrounds** in Gray, Tenn. For more information on participating, visit the March for Babies web site: <http://www.marchforbabies.org>.

FPT

Joanna Swinehart, Communications and Outreach Coordinator for The Children's Hospital at JCMC.



Housebreaking Your Puppy



You're the proud owner of a new puppy. Unfortunately, you are also the not so proud owner of a soggy living room carpet. It doesn't take long to realize this can't keep happening. So what do you do? It might just be time to housebreak your new pet.

Housebreaking may sound painful but relax. It really isn't all that difficult. It is your dog's natural tendency to want to keep its living area clean so once the home is firmly established in your pet's mind the problem will be resolved. There are several ways you can assist the process to move faster.

The first thing you want to do is be sure your pet is

healthy to start with. If your pet has not been to the vet already, make an appointment. Your dog should be checked for overall healthiness and for conditions that would make house training difficult, such as cystitis and kidney or bladder dysfunction. While your pet is visiting the veterinarian, ask to have them checked for worms and parasites also by way of a fecal exam. Also bear in mind the truthfulness behind mothers' wisdom when she said, "You are what you eat." A poor quality dog food, in addition to contributing to a poor nutritional state, can cause digestive problems resulting in loose stools, thus contributing to your pup's inability to control itself.

The most important part of housebreaking your pet is close supervision. This is necessary because your puppy learns by repetition. If you see your dog showing signs of needing to relieve him or herself, then immediate



action must be taken to get the animal outside to his designated area. Consistency in training is critical. Do not think being lax because it's cold or dark outside is acceptable or your pet will adopt these same attitudes.

Close supervision during housebreaking is also necessary because it gives you time to learn your dog's special quirks such as needing to urinate right after eating or a certain action they take prior to soiling the floor so you can watch for these actions and respond in the future. Also it allows you to correct a situation while it is still fresh in the dog's mind. While being very intelligent creatures, short term memory is not the strong point for most animals of this species and correcting them

after more than a few minutes have passed serves no real purpose.

Another key to Housebreaking is giving your dog a limited amount of space. Baby gates across doorways or a pet crate help to make a more confined area and help

your pet to recognize this as his living space. Their natural tendency is to go outside of their own living space to urinate so making this association for your pet will make your job easier. Lining this space with old newspapers is a good idea at first as it facilitates a much easier cleanup of any accidents your pet might have. Also be aware that some surfaces are more

pet-friendly than others. Try to confine your new pet to areas of the home with tile or vinyl floors, which are much easier to clean. Avoid letting them have access to carpet or hardwood floors, which retain odors and can be extensively damaged by an errant pup.

Remember to limit the amount of water your dog has access to at the end of the day as you will otherwise be making a walk with your pet in the middle of the night. A quick walk outside at regularly timed intervals is advisable to training as this helps your pet to set an internal schedule. Be certain to use a consistent keyword to tell your pet why you are out in the yard such as "potty" or "toilet" or anything you choose and do not return indoors until they have relieved themselves. Also remember to give praise when your dog relieves himself in appropriate places such as on newspapers or outdoors.

Again consistent training is the key. If your pet does have an accident indoors, correct the animal immediately and then clean the area using non-ammonia based products. Instead use an Enzyme based deodorizer to clean the area and be sure to remove all odor of the accident or the animal will repeat the behavior again. **FPT**

Dog Article courtesy of I-Love-Dogs.com

MESSAGE

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Four Simple Steps To A Lawn You'll Love

(NAPS)—Just about everyone wants a lawn he or she can love. The good news is that the grass doesn't have to be greener on the other side of the fence. All it takes is a little bit of planning.

A well-kept lawn is a source of pride for you, your family and your neighbors," says Bayer Advanced™ Garden Expert Lance Walheim, who wrote the book "Lawn Care for Dummies."

Here are some tips:

• **W**ater correctly. Accurate watering is the most significant aspect of caring for your lawn. Keep in mind that grass reacts to weather a lot like humans do—it needs more water when it's hot and sunny, less when it's cool or cloudy.

Water deeply, letting the water penetrate 6 to 8 inches, then allow the lawn to partially dry. Shallow watering leads to shallow roots and a drought-susceptible lawn. Of course, if you are in a drought zone, always check for watering restrictions in your area.



• **D**on't forget the fertilizer. A properly fed lawn allows all the grasses to thrive, keeping it green and healthy-looking. Slow-release fertilizer is less likely to

the roots will be too shallow and you'll get more weeds and weak grass.

• **B**attle the bugs. Some bugs can cause big headaches. Some of the most common

kinds attack your lawn from the grass itself, while many of the most damaging attack where you can't see them—from the roots up.

For example, a product such as Bayer Advanced Complete Insect Killer for Soil & Turf is one way to handle two kinds of insects at once. Its exclusive two-way formula controls damaging pests both above and below ground. Available in granules and ready-to-spray concentrate, it kills surface insects in 24

hours and kills soil insects for up to 3 months.

You can learn more by visiting www.bayeradvanced.com or by calling 1-877-BAYERAG. Always read and follow label instructions when using lawn care products.

A properly-maintained lawn allows all the grasses to thrive. Controlling insects is a key component of a healthy lawn. **FPT**

burn the lawn and has a longer effect.

• **K**now how to mow. You should cut cool-season grasses, such as fescues and Kentucky bluegrass, higher. Warm-season grasses, such as Bermuda and zoysia, should be cut lower. If you cut too low,

Family Pastime Magazine

THE magazine for the WHOLE family

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National Poetry
Month at the Library
POETRY CONTEST
For children,
teens & adults

Deadline: April 30th

Winners announced on May 7th.
See Circulation or call 434-4455 for
more information.

→ **Boycott:** Somewhere to keep male babies.
→ **Bouyant:** A male insect.
→ **Cannibal:** Someone who is fed up with people.
→ **Carpetuation:** The act of (when vacuuming) running over a piece of string at least a dozen times, bending over, picking it up, examining it and then dropping it again to let the vacuum have another chance.

→ **Caterpillar:** The color you turn after finding half a worm in the fruit you're eating.
→ **Claustrophobia:** The fear of Santa Claus.
→ **Counterfeiters:** Workers who put together kitchen cabinets.

→ **Craughed:** To laugh and cry simultaneously.
→ **Decafalon:** The grueling event of getting through the day consuming only decaffeinated beverages
→ **Diplomacy:** The art of letting someone else have your way.
→ **Dust:** Mud with the juice squeezed out.

www.giftswithaheart.org

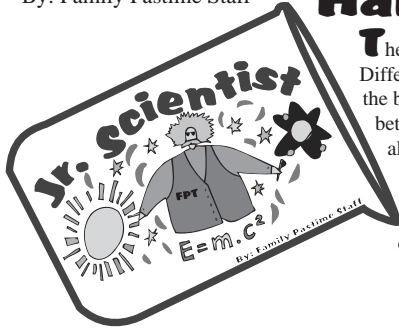


(423)257-3780 or 477-3158

ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**

By: Family Pastime Staff

Harness The Wind



The basic cause of wind can be traced to contrasts in temperature. Differences occur because air is not heated equally everywhere. At the beach on a summer afternoon, differences in temperature exist between the hot sand and cool water. Which is why it seems to always be windy at the beach.

When air is heated, its molecules are agitated and their movement accelerated. They tend to draw away from one another and the air expands. As the molecules expand,

they occupy a greater volume and the density of the heated air parcel is decreased. Like a huge invisible bubble, the heated air starts to rise and the surrounding cooler air rushes in to replace the rising air. This movement of air, from cooler (higher pressure) to warmer (lower pressure) areas causes what we call wind.

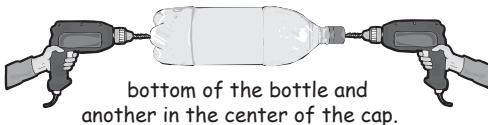
Wind is powerful enough to drive a sailing ship across the water or turn the mighty blades of a generator in a windfarm. In honor of Earth day our project this month is an example of how these blades move to turn a generator and generate electricity.

SUPPLIES:

- A 2-liter empty drink bottle.
- A wire coat hanger.
- Duct tape
- Glue.
- A piece of flat material like a piece of a plastic detergent or milk bottle.
- A plastic drinking straw.
- A six inch piece of small tubing (Like the little tube inside a spray bottle).
- A stick long enough to hold the mounted whirligig four or five feet off the ground.
- An exacto knife
- Scissors
- Pliers
- A drill with a 1/8th inch bit.

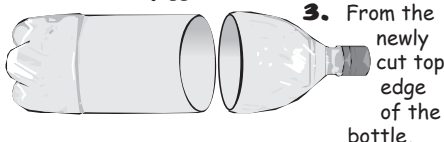
HOW TO:

1. Remove the bottle label and drill a 1/8th inch hole in the center of the



bottom of the bottle and another in the center of the cap.

2. Cut off the curved portion of the top (If the cut is a little jagged that's O.K.)

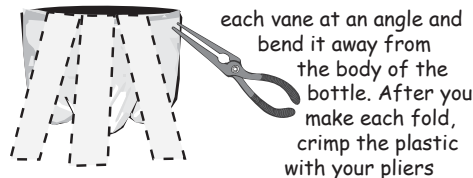


3. From the newly cut top edge of the bottle,

make cuts down toward the base, stopping where it begins to curve in again you will need eight slices of bottle. These will be the fins or vanes that will catch the wind and make the bottle spin



Use the pliers to fold

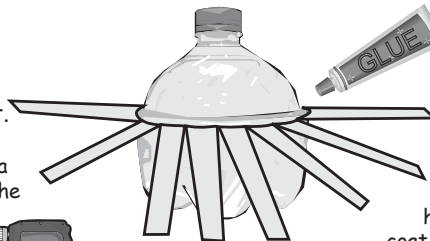


each vane at an angle and bend it away from the body of the bottle. After you make each fold, crimp the plastic with your pliers

and then ease the new vane back up until it sticks squarely out from the bottle.

4. Insert the cut off bottle top part down between the vanes and into the bottom portion. This may work and maybe even a little trimming to make it fit. After a "dry" fit, remove the top part.

5. Put a good bead glue on the outside of its cut edge, and stick it back in again, adjusting it to make sure it is evenly seated. Let dry

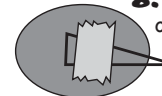


6. Cut the hook off a wire coat hanger and bend the wire as shown in here. The wire will form two axles, one horizontal and one vertical. Make sure

the two axles are at right angles another. A little piece of duct wrapped around the frame the two axles cross will help stabilize it.

7. Cut a tale piece from your flat material and duct tape it to the wire frame.

8. Duct tape the six inches of tubing onto the stick

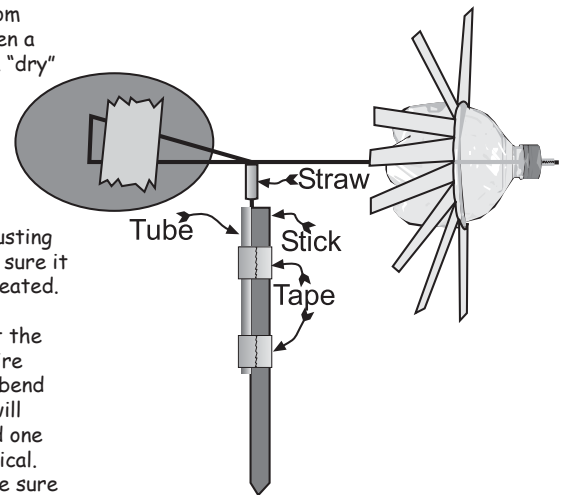


9. Assemble your by sliding an inch of plastic straw followed by the assembly horizontal axle. wrapped round the end of the axle that sticks out of the cap will keep

it from falling off.

10. Now slide the vertical axle through a half inch of soda straw and down into the tubing fastened onto the stick. Shove the stick into the ground and stand back.

11. If there is wind it should spin up a storm. **FPT**



FINAL ASSEMBLY!

Instructions:

SUDO-KID-U 2

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.

			2
1			
	1	4	
4			

Kid Friendly Recipes



Chicken Fingers & Curry Ketchup

SUPPLIES:

- 1 TBS olive oil
- 2 scallions, trimmed and sliced thin
- 1 tsp curry powder
- 1 C ketchup
- 1 C cornflake crumbs
- 1/4 C grated Parmesan cheese
- 2 tsp paprika
- 1/2 tsp garlic salt
- 1/4 tsp nutmeg
- 1/8 tsp cayenne pepper
- 2 eggs
- 2 LBS chicken tenders (about 12)

HOW TO:

1. Heat oven to 450, Line a baking sheet with nonstick foil.
2. In a small saucepan, heat olive oil over medium heat
3. Add scallions
4. Cook 2 minutes until softened
5. Add curry powder; cook for 1 minute
6. Stir in ketchup and remove from heat. Cool, cover and refrigerate until ready to serve.
7. In a shallow glass dish, mix together cornflake crumbs, Parmesan cheese, paprika, garlic salt, nutmeg and cayenne
8. In a second glass dish, lightly beat eggs. Dip chicken pieces in egg then into cornflake mixture to coat completely. Place chicken on 1st prepared baking sheet.
9. Bake at 450 for 20 minutes or until an instant-read thermometer registers 160 degree when inserted into the thickest part of chicken. Remove from oven and cool.
10. Wrap cooled chicken. Serve with curry ketchup or bottled BBQ sauce for kids.

Chicken and noodles

SUPPLIES:

- Chicken
- Canned Spaghetti sauce
- Noodles
- Cooking oil
- Flour/breadcrumbs

HOW TO:

1. Cook spaghetti noodles, drain, set aside.
2. Cut chicken breasts in half lengthwise
3. Coat the chicken pieces with breadcrumbs (If you don't have breadcrumbs, use flour, with some oregano or Italian spices added to the flour).
4. Heat oil in a pan and add coated chicken.
5. Cook for about 4 min. on each side. Cut to be sure they are cooked through.
6. Warm noodles if needed (you can warm these up by running under hot water for just a minute), and place on large platter. Add chicken on top. Pour sauce on top
7. Sprinkle with Parmesan cheese and serve.

Fast Chicken Fettuccine

SUPPLIES:

- 1 9-oz. package refrigerated red sweet pepper fettuccine
- 1/4 of a 7-oz. jar oil-packed, dried tomato strips or pieces (1/4 C)
- 1 large zucchini or yellow summer squash, halved lengthwise and sliced (about 2 C)
- 1/2 LBS skinless, boneless chicken breast strips for stir-frying
- 1/2 C finely shredded Parmesan, Romano, or Asiago cheese (2 oz.)
- Black pepper, freshly ground

HOW TO:

1. Use kitchen scissors to cut pasta in half.
2. Cook in lightly salted boiling water according to package directions; drain. Return pasta to hot pan.
3. Meanwhile, drain tomato strips, reserving 2 tablespoons oil from jar; set aside. In a large skillet
4. Heat 1 tablespoon reserved oil over medium-high heat. Add zucchini; cook and stir 2 to 3 minutes or until crisp-tender. Remove from skillet.
5. Add remaining reserved oil to skillet. Add chicken; cook and stir 2 to 3 minutes or until no longer pink.
6. Add zucchini, chicken, tomato strips, and cheese to cooked pasta; toss gently to combine. Season with pepper to taste.

Date Oatmeal Cookie

SUPPLIES:

- 1/2 C shortening
- 1/4 C butter
- 1 C sugar
- 2 eggs
- 1/4 C milk
- 1 tsp vanilla
- 2 C flour
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1 C quick oats
- 1/2 C chopped walnuts
- 1/2 C chopped dates

HOW TO:

1. Preheat oven to 375 degrees
2. In large mixer bowl, combine shortening and butter and mix well.
3. Add sugar and beat until combined.
4. Stir in eggs and mix.
5. Add milk and vanilla and beat. (If you use 1/3 C milk, you'll get a softer cookie that's dropped onto cookie sheets and baked. 1/4 C of milk will result in a firmer cookie.)
6. Add flour, oats, baking soda, salt, and cinnamon and mix until a dough forms.
7. Stir in dates and nuts.
8. Drop dough onto greased cookie sheets and bake at 375 degrees for 10-11 minutes until set and light golden brown.
9. Let cool on cookie sheets for about a minute, then remove to wire racks to cool.

Grandma Nancy's Famous E-Z Potato Salad

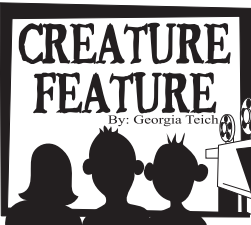
SUPPLIES:

- 2 TBS olive oil
- 6 C frozen diced hash brown potatoes (cubes with onion)
- 1/2 C chopped green onions
- 1/2 C mayonnaise
- 1/4 C Miracle Whip salad dressing
- 2 tablespoons yellow mustard
- Salt and pepper to taste

HOW TO:

1. In large skillet, heat olive oil and add frozen potatoes. Cook and stir over medium heat until potatoes are hot and tender (just starting to brown at edges).
2. Meanwhile, in large bowl combine remaining ingredients and mix well. Stir in hot potatoes and mix gently to coat. Cover and chill for at least 3 hours in the refrigerator before serving.

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ELEPHANTS

Horton is a rubbery elephant in the book written in

1954 by Dr. Seuss and he is starring in a new movie "Horton Hears a who" titled and based on the story in the book.

The word "elephant" has both Greek and Latin origins. This applies specifically to the elephant's scientific genus name "Elephas". In Greek linguistics, elephos represents an antlered beast or stag. The roots of the word "elephant" in Latin is divided into two words: "ele" means arch and "phant" means huge. Also, the genus name, Loxodonta, for the African elephant means lozenge-shaped teeth for the chewing surfaces.

Elephants are mammals, the largest land animals alive today. At birth an elephant baby or "calf" can weight 265 pounds. Elephants may live up to 70 years. Elephants are symbols of wisdom in Asian cultures; they are famous for their memory and high intelligence. The Asian elephant is smaller than the African elephant. It has smaller ears and typically only the males have large external tusks.

Once numbering in the millions, the elephant populations have dwindled due to poaching and habitat destruction by humans. They are now protected against capture, domestic use and the taking of their ivory

tusks. They generally have no predators, except in some areas lions prey on them.

The proboscis or trunk is a fusion of the nose and the upper lip, elongated and specialized to become the elephants most important and versatile appendage. Elephants are Herbivores (plant eaters). Most herbivores possess teeth adapted for cutting and tearing plant materials. They spend 16 hours a day collecting plants to eat. Except for the young or infirmed, elephants use their trunks to tear food and place it in their mouths. They graze on grass, fruit, flowers, bamboo twigs and bark. If the desired food is very high, they wrap their trunk around the tree or branch and shake it sometimes knocking it down. They use their trunk for drinking by sucking up liquids and then blowing them into their mouths. They also bathe by spraying themselves with water, dirt or mud with their trunks. The dirt and mud act as a sunscreen. Their trunks act as a snorkel when they are swimming. Instead of shaking hands, elephants greet each other by entwining their trunks. A raised trunk is a warning or a threat. They defend themselves by flailing their trunks at unwanted intruders. Elephants have a keen sense of smell. Raising their trunk into the air, it acts as a periscope when locating friends, enemies or food.

The tusks of an elephant are second upper incisors; they grow continuously, about 7 inches a year. They are used dig for water or debarking trees or making paths, by moving debris.



Elephants are called pachyderms, which means thick skinned. However the skin around the mouth and inside the ears is paper-thin. Elephants wallow in water or mud to aid the skin in regulating body temperature. The large flapping ears are also very important for temperature control. On hot days they flap their ears creating a breeze. When an elephant spreads it ears out wide it is to look more massive and imposing.

Elephants live in a structural social order. Females spend their entire lives in the tightly knit family group; adult males live mostly solitary lives.

Elephant's communicate by sending and receiving low frequency sound (infrasound) a sub sonic rumbling, which travels through the ground faster than sounds travel through the air. This can be felt by the elephant's feet and trunk. To listen every member of the herd will lift one foreleg and face the source of the sound the lifting presumable increases the ground contact and sensitivity of the remaining legs. **FPT**

so They Loaded Up Their Trunks

Hills, there are. Watering holes. Country stars.

& They Moved to Tennessee

Help the Elephants! make a donation

the Elephant Sanctuary[®]
in Tennessee

THE ELECAM Live Camera

Elephants In Tennessee

There is an elephant sanctuary in Hohenwald, Tennessee. It is the nation's largest natural-habitat refuge developed specifically to meet the needs of endangered elephants. It is a non-profit organization, licensed by the U.S. Department of Agriculture and the Tennessee Wildlife Resources Agency, designed specifically for old, sick or needy elephants that have been retired from zoos and circuses. Utilizing more than 2700 acres, it provides three separate and protected, natural-habitat environments for Asian and African elephants. At the sanctuary the elephant residents are not required to perform or entertain for the public; instead, they are encouraged to live like elephants. To find out more about the sanctuary and see the live "ELECAM" point your browser to: <http://www.elephants.com/> **FPT**

- 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.
- Elbonics: The art of two people maneuvering for one armrest in a theatre.
- Eyedropper: A clumsy ophthalmologist.

- Flusterpated: Being so flustered that words get bound up inside you.
- Generica: Features of the American landscape that are exactly the same no matter where one is, such as fast food joints, strip malls, subdivisions.
- Giraffiti: Vandalism spray-painted very, very high.



Fun Family Events

APRIL



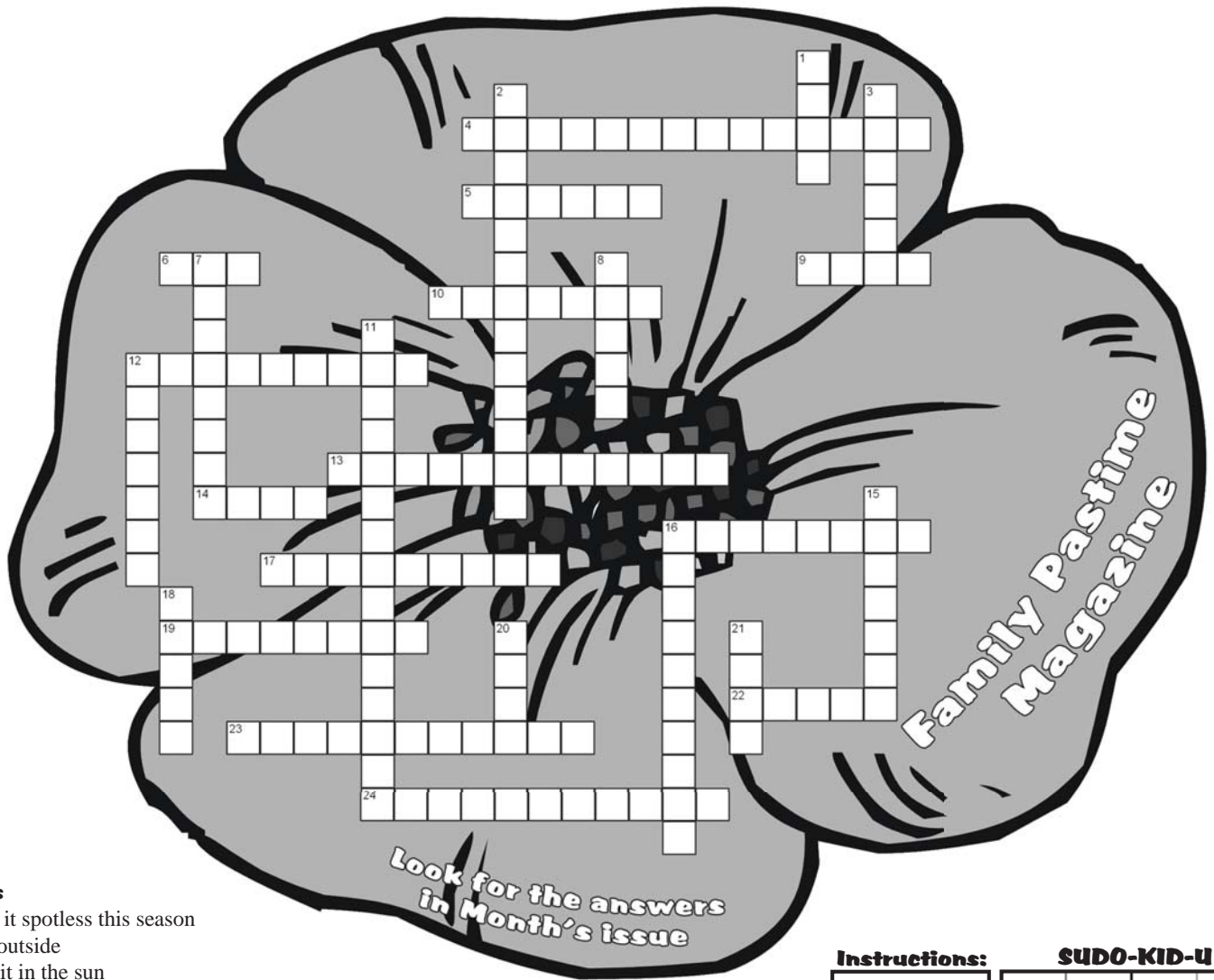
Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or

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

- 1.** April Fools
2. International Children's Book Day
3. Mule Day (3-6), Pony Express Day,
4. World Rat Day
Hands On! with **JCPL** FREE Family Movie Mr. Magorium (G) 6:30
5. National Love Our Children Day
Sycamore Shoals Watercolor Paint 10 am-1 pm
 Cost: \$12 (+ supplies) or \$20 (w/ supplies)
 Making a Native American Flute 10 am-4 pm
 Cost: \$100 (includes supplies)
Jonesborough, 3rd Annual National Tartan Day 10 am - 6 pm www.Jonesboroughtn.org
Bristol Mall, Orchid Society Show & Sale 10 am - 5-pm (423) 638-7345.
JCPL Family Storytimes 2 pm
Hands On! 10:15 - Hot Tea & Totes: Auction Celebrating Women at The Charles. women, ages 6 to 96, 928-6508 x.108 or kristine@handsonmuseum.org., Art Studio - Design your own invention.
6. Chris' BIRTHDAY!
Sycamore Shoals Playing a Native American Flute 1-4 pm \$30 (if in Sat. class, \$45 if not)
Hands On! Discount Admission for anniv. of the penny. Every admission bought gets next admission for one penny, Art Studio - Design your own invention.
7. No Housework Day, World Health Day
JCPL Family Storytimes 6:30 pm
8. JCPL Books & Beyond* (2-5th) 4 pm, TEENS* Coffee House/Poetry Slam 6:30 pm
9. National Cherish An Antique Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
10. ASPCA Day, National Sibling Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, Books & Beyond* (2-5th) 4 pm, AARP Tax Assistance 12:30-4:30 pm, Adult Book Group Tales & Talk Echo Maker by Richard Powers 7 pm Join 434-4454
11. Barbershop Quartet Day, International "Louie Louie", Trivia Day
12. Baby Massage Day, Licorice Day,
Sycamore Shoals Egg Basket 9 am-4 pm Cost: \$25.00 Limit: 10
TriState SINGLES Inc. dance 7 PM to 11 PM at the Outdoorsmen Inc, 4535 Hwy 11-W Blountville, Members \$8, Non-members \$12
Elizabethton, Benefit Car Show 10 am-2 pm
JCPL Biling Storytime Spanish/English 2 pm
Hands On! Art- create a Japanese lantern.
13. International Plant Appreciation Day, Thomas Jefferson Day
Hands On! Art create a Japanese lantern.
14. Pan American Day
Sycamore Shoals Sweater Knitting 9am-1pm
 Cost: \$25.00 per class or \$80.00 for four Materials from the instructor for \$8 to \$12.
JCPL Family Storytimes 6:30 pm
15. Income Tax Pay Day, Take a Wild Guess Day
JCPL K-1 Story Stretchers* (K-1st) 4:00
16. National Wear Your Pajamas To Work Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
17. Blah! Blah! Blah! Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, K-1 Story Stretchers* (K-1st) 4:00, Adult Book Group Tales & Talk Echo Maker by Richard Powers 10:30 am Join 434-4454
18. Comic (Books) Day, YoYo Day (18-20)
19. Husband Appreciation Day, World Cow Chip Day
Sycamore Shoals Card Weaving 1-4 pm \$15
 Historical Pigments & Paints 10 am-12 pm \$5
Jonesborough Visitors Center 2nd Annual Celebration of the Young Child FREE 10 am - 2:00 PM 753-1012, www.Jonesboroughtn.org
Appalachian Fairgrounds Children's Miracle Network Toy & Hobby Show 9 AM - 5 PM \$3. 538-0202
Hands On! - Celebrate Earth Day, Art Studio - learn how to make your own art supplies
20. Astronomy Day, Boston Marathon, Kindergarten Day, National Chocolate-covered Cashews Day
Hands On! - Girl Scout Earth Day Celebration* earn 2 badges, Art Studio - make your own art supplies
- 21. JCPL** Family Storytimes 6:30 pm
22. Earth Day, National Jelly Bean Day
JCPL TEENS* Beach Bum Snack'n'Chat 6:30pm
23. Secretary's Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
24. Take Our Daughters & Sons to Work Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, Explorers* (K-5th) Pet Care by the Animal Shelter 4 pm, Adult Book Group Tales & Talk Echo Maker by Richard Powers noon Join 434-4454
25. Arbor Day, Red Hat Society Day
Sycamore Shoals Step-By-Step Oil Paint 9 am-4 pm Cost: \$50 (W/supplies) Limit: 12
26. Hug An Australian Day,
Exchange Place Kingsport, Spring Garden Fair 10 a.m - 5 p.m. www.exchangeplace.info
Sycamore Shoals Spinning Fiber - First Steps 9 am-1 pm Cost: \$30.00 (W/supplies) Limit: 8
 Spinning Fiber - Intermediate 1:30 - 4:30 pm Cost: \$30.00 (W/supplies) Limit: 8
Warriors' Path State Park START! TRI-CITIES HEART WALK 9 AM - 1 AM 282-5388,
Hands On! Celebrate Arbor Day, Tell a Story Day, Art Studio - create earth friendly art.
27. Soil Stewardship Sunday
Exchange Place Kingsport, Spring Garden Fair 2-5 p.m. www.exchangeplace.info
Sycamore Shoals Knit Socks 1 - 4 pm Cost: \$25.00 Materials available \$8 to \$12.
Hands On! Celebrate Arbor Day, Tell a Story Day, Art Studio - create earth friendly art.
28. Bulldogs are Beautiful Day
JCPL Family Storytimes 6:30 pm
29. National Teach Your Children To Save Day,
JCPL TEENS* Game Night, Part ii 6:30 pm
30. Beltane, Hairstylists Appreciation Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, Preschool Storytimes (age 3 - 5) 11 am
Hands On! Acids & Bases Workshop* 1:30 - 2:30

*Please Register **JCPL**: 434-4458 **Hands On**: 434-HAND

Printed in the USA



Across

- 4. Make it spotless this season
- 5. Dine outside
- 6. Have it in the sun
- 9. A short, modified, underground stem surrounded by usually fleshy modified leaves that contain stored food for the shoot within
- 10. April _____ bring May flowers
- 12. Flower that lives for three or more seasons
- 13. Observing our fine feathered friends
- 14. Unwanted guests at your outdoor dining
- 16. This sport starts in the spring
- 17. Margarine *Musca domestica*
- 19. Intended to inspire awareness of and appreciation for the Earth's environment
- 22. Plant them for tasty treats
- 23. Week out of school!!!
- 24. Spring sickness

Down

- 1. Kite "fuel"
- 2. A day for pranks
- 3. Grows from seed and blooms and sets seed and then dies in just one growing season
- 7. Another word for bumbershoot
- 8. Mow it
- 11. The time that gives us more daylight
- 12. Pools of water caused by rain
- 15. Bloom in spring
- 16. Bird "restaurant"
- 18. Some "volunteers" in your garden
- 20. "Go fly a _____"
- 21. A bird-built home

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.

SUDO-KID-U 1

3			1
2	4		



The housefly, *Musca domestica*, is the most common fly occurring in homes, the most familiar of all flies and indeed one of the most widely distributed animals; it is a pest that can carry and transmit serious diseases. There are 120,000 different kinds of flies (Order Diptera, Class Insecta, Phylum Arthropoda) and estimates are that there may be more than 1,000,000 species living today. These species are classified into 188 families and some 10,000 genera. Of these, some 3,125 species are known only from fossils, the oldest of which, a limoniid crane fly, somewhere around 225 MILLION years old –give or take a few thousand years (Upper Triassic (Carnian)). Flies range in size from 1/20th of an inch to 3 inches. One of the things that separate flies (Diptera) from other flying insects are their wings. Flies are the only insects that have only two. All other insects have four wings. Many of man's primary diseases are transmitted by flies including; the deadly Yellow Fever. Entomologists Dr. Yao and Dr. Yuan of China studied more than 378,046 common houseflies and estimated that each carried

Houseflies

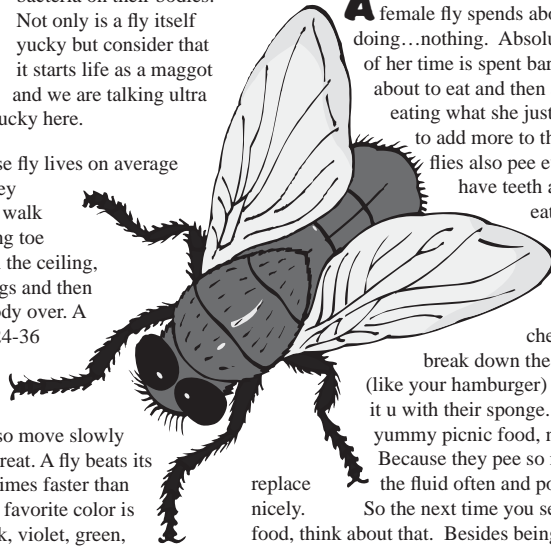
By: I.M... Yuchee

no less than 1,941,000 bacteria on their bodies. Not only is a fly itself yucky but consider that it starts life as a maggot and we are talking ultra yucky here.

The average house fly lives on average 21 days. Flies don't grow. They are born full size. House flies walk upside down using glue-oozing toe pads. To land upside down on the ceiling, flies grab it with their front legs and then somersault the rest of their body over. A fly's vision is only sharp for 24-36 inches and even with having 4000 lenses in each eye, flies have bad vision, but are good at detecting movement so move slowly and they don't see you as a threat. A fly beats its wings 200 times a second, 3 times faster than a hummingbird. A housefly's favorite color is red, followed by orange, black, violet, green, blue, white and yellow. So keep that in mind when helping your younger brother or sister to get dressed. Flies can lay 200 - 3000 eggs in a lifetime and they usually lay 75 - 150 eggs per batch and she may

lay several batches over a few days. Fly eggs hatch into maggots within 24 hours

A female fly spends about 40% of her time doing...nothing. Absolutely nothing. 30% of her time is spent barfing on food she is about to eat and then a large chunk of time eating what she just barfed on. And just to add more to the yuckiness factor, flies also pee every few minutes. We have teeth and a tongue to help us eat. Flies do not. They have something like little sponges so they barf on their food so that the chemicals in the barf can break down the food they want to eat (like your hamburger) and then they can blot it up with their sponge. Flies don't just like yummy picnic food, no they also like poop.



Because they pee so much they have to replace the fluid often and poop does the trick nicely. So the next time you see a fly land on your food, think about that. Besides being really gross flies are apparently really stupid. Despite years of trying, no researcher has ever been able to teach flies anything - fish learn, ants learn, snails learn, cockroaches learn, even worms learn ... but never flies **FPT**

FKJ Mow King

continued from page 7

win one either but at least I have been spared the embarrassing de-crowning ceremony and on the plus side that long grass actually works pretty good for sledding. To winterize my tractor every year I drain the gas from it and then run it until it all burns out. Last year I didn't get to it until November I hired a security team to certify that although the tractor was running there was no mowing in progress. If I hadn't had streaming video on the Internet of the tractor running but not moving my neighbor, New-guy Edwards, would have had me labeled snow-mower in a heartbeat. New-guy has lived here for about 3 years now but since no one else newer has moved in we still call him "New-guy". That and I really have no idea what his name is and at this point it would be kind of embarrassing to actually ask him his name, I thought

about asking his wife "New-gal Edwards" but I'm sure you can see the problem with that. Of course if someone newer moves in I am stuck with either just calling him Edwards which is cool in a guy sorta way or maybe the guy who moves in can just be "Newer-guy". I'm liking

that. Well since New-guy just made a pass through his backyard on his poor excuse for a tractor, I'm off to pray for snow, join me won't you? **FPT**

Sudoku last month's Really Hard answer

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



Johnson City Library to Host First Book Festival



The Johnson City Public Library will celebrate National Library Week (April 13 – 19) with the *Book Festival: Starring Books!* featuring the Friends of the Library Spring Book Sale. The festival is open to the community and will include regional authors, music, family craft projects, books, and fun for the whole family. Events will begin with a fundraiser Friday, April 18. The featured event, the *Book Festival: Starring Books!* will take place on Saturday, April 19 beginning at 9 a.m. and ending at 4 p.m.

The festival will provide visitors with an opportunity to visit with regional authors, who will be available throughout the library. Authors for all ages will be present, and visitors can purchase books from a wide variety of genres, including local history, suspense, and children's literature. Some authors will give presentations at scheduled times throughout the day in the Blue Plum room on the second floor of the library.

Children can get a face painting or make a bookmark, and the entire family can take part in the altered books craft project. Families interested in participating in the craft project should call Youth Services at 434-4458 to make a reservation. Story time will be held in the morning and afternoon in the children's area and Curious George will visit the library to

join in the festivities.

"This is going to be a really great festival for the whole family, and we hope that the community will come out to help us celebrate the 50th anniversary of National Library Week," Library Director Nelson Worley said.

On Friday evening before the festival, from 6:30-8, the Friends of the Library will host a fundraiser, "Bluegrass and Books," for the library in the first floor lobby of the library. The event will feature wine and cheese, visits from regional authors, and entertainment from the East Tennessee State University Bluegrass Band. Tickets for the fundraiser can be purchased at the door or in advance at the library. Tickets are \$25 for non-Friends members, or \$10 for current members. Included in the \$25 ticket price is a one-year membership to the Friends of the Library.

The Friends will hold their Preview Book Sale in the Jones Meeting Room from 6:30-8:30 p.m. on Friday. The Preview is for members of the Friends of the Library only; membership can be purchased at the door.

"We're really excited about combining this fundraiser with our Spring Book Sale and the library's Book Festival," Friends of the Library Co-President Kathy Hall said. "We're hoping a lot of people will come out to support the library."

For a schedule of events and more information, call the library at 434-4450. **FPT**

Ugly Yard Contest

(NAPS)—Is your yard ugly? Do you mow more weeds than lawn? Does the word "jungle" describe your landscaping? Are you tired of looking at that tree stump and old tire you use as a planter?

If this sounds like your yard, there's hope. The Yard Doctor is in, and he's making house calls in 2008 as part of America's Ugliest Yard Contest sponsored by Briggs & Stratton Corporation.

Homeowners living with ugly yards are invited to share their problems via video or photos. The two ugliest yards—determined by your neighbors across America—will receive a house call from Yard Doctor Trey Rogers, who will prescribe treatment and deliver new yard care equipment and a check for \$1,000 to jump-start some landscaping efforts.

All the contest details can be found at www.myuglyyard.com.

"Even the ugliest yards can be helped," says Rogers, a world-renowned expert who has grown playing fields for the Olympic Games as well as helped everyday people create great yards.

To enter the Ugly Yard contest, provide a two-to-three-minute video tour of your yard and commentary on your yard care issues. As an alternative, you can send a photo

montage (four-photo limit) and describe your problems in 300 words or less. You can even nominate a neighbor or family member's ugly yard for some TLC.

The top four ugly lawns will be featured on www.myuglyyard.com, where people across America will determine whose yards are the ugliest and most deserving of an emergency house call.



Meanwhile, here are some basic tips from the Yard Doctor on how to prevent ugly from happening in the first place.

- **F**ocus on the front yard because it's what people see first. Pick up items—toys, tools, and sticks/debris. Move worn-out lawn ornaments to the backyard.

- **M**ow correctly. Don't scalp your lawn by cutting it too short, thinking you'll have to mow less often. You could end up killing your lawn. Cut only one-third the grass height each time you mow.

- **M**ulch is your friend. Keep a bag or two of bark or wood chip mulch on hand to spread on flowerbeds and cover muddy areas for an

instantly better appearance.

For more tips on yard care, visit yardsmarts.com.

If your yard is in bad shape, take heart. A contest to find the ugliest yard could win you expert help and a sizable check. **FPT**

SUPER SUDOKU Answer from last month

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



I had a dream. I was no longer an ordinary woman I was a super hero. I was checking in at the International League of Female Super Heroes convention.

I signed my name, right below Susan Storm of the Fantastic Four. Meanwhile, Wonder Woman, The Amazon Princess was smiling and handing me a badge and a program. The name on the badge: The Frantic Mom, keynote speaker. Key Note Speaker! Oh no! My worst nightmare had come true, except for appearing naked, my biggest fear was not having something to say in front of an audience, much less an audience of super, over achieving women. Talk about feeling inadequate. Dazed, I picked up on Wonder Woman's conversation with a striking redhead with a firebird design on her unitard and a beautiful giant green woman who could only be the She Hulk. Listening closely, I heard: "Relax, special powers are not needed today; the men have agreed to give us the day off and are protecting the universe without us. This conference was designed to prevent burnout in women who also happen to be super heroes. It will reconnect us and deliver new ideas to help balance our work life with our home life so that we can have a life." My mind started racing as I pondered how I got here, what my super powers were, and what could I possibly teach these women? Just then I saw the bio info underneath my name. It read: The Frantic Mom aka Donna Gaskell Gordon.

Motto: I research, fret and obsess so you don't have to.

Special Talents: Collecting seemingly useless information until it is needed and finding the better way in a sea of mediocrity, staying smarter than her teens and searching for that elusive perfect baked good, usually containing the trinity of sugar, chocolate and butter.

Super accessories with super powers: Dual Purpose Deflecting Bracelets: zaps toddler tantrums into shards, freezes teenage eye rolling in an instant

Silver Whisk of Work: A child caught in its ray will become a willing worker in performing any household chore immediately, perfectly and without complaint. Additionally, all who taste it will love food touched by the Silver Whisk.

Mesmerizing Heart Necklace:

The beam of this gold heart will soothe any man or beast's savage mood by waving the charm in the opponent's direction.

Costume and Description: Masquerading as an ordinary mom, Donna Gaskell Gordon is *The Frantic Mom* and appears in a swirl of teal dust when called upon. She can be spotted in a Laura Ashley flowered frock, whisk in hand and sports High-top white sneakers to keep her surefooted and speedy in the face of a recalcitrant child, teen or menu.

And then the alarm went off and I *woke* up. Wow! Wouldn't it be great to have all those super powers, think of all I could accomplish. And though my Laura Ashley dresses and white high-tops disappeared with the eighties, the frantic persona remained. I kept searching for the best way, the newest trick to keep motherhood and work and life in balance. As I obsess and discover I will try to pass that knowledge on to you.

Donna Gaskell Gordon aka The Frantic Mom

E-mail me at:
Thefranticmom@familypastime.com

This month's Super Hero suggestions are for family friendly meals. Check:

Cheap, Fast, Good! By Beverly Mills and Alicia Ross. Hundreds of ways to eat well for less. How to plan smart, shop smart, and cook smart. With 275 delicious, thrifty, family-friendly recipes

Desperation Dinners by Beverly Mills and Alicia Ross. Meals in 30 minutes or less

Recipes to the Rescue Thrilling Kitchen Adventures...Just in the nick of Time.

Better Homes and Gardens Test Kitchen

Fix Freeze Feast by Kati Neville and Lindsay Tkacksik. Prepare in bulk and enjoy by the serving. More than 125 recipes. The make-ahead meal plan for time-starved families **FPT**

- Giraffiti: Vandalism spray-painted very, very high.
- Handkerchief: Cold Storage
- Heroes: What a guy in a boat does
- Lasterday: Any day before today.

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.

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

- Mosquito: An insect that makes you like flies better.
- Mouse Potato: The on-line, wired generation's answer to the couch potato

SUDO-KID-U answers from last month

3	4	1	2	01 ←	3	2	4	1
1	2	3	4		1	4	2	3
4	1	2	3		4	3	1	2
2	3	4	1	02 →	2	1	3	4



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Medication Management For Visually Impaired Seniors

(NAPS)—In today's society, medications—including both prescription and over-the-counter (OTC) drugs—have become an important aspect of maintaining good health. Yet for the nearly 20 million

Americans with vision loss, the lack of accessible label information poses a serious health risk due to the potential misidentification

and misuse of drugs.

To ensure that people with vision loss have ready access to the vital information available to all consumers via prescription labeling, enabling them to take medications safely, effectively and independently, the American Foundation for the Blind (AFB) has embarked on the Rx Label Enable campaign. The goal is to have policymakers develop standards to ensure that medication labels and information are accessible to individuals with vision loss.

As part of the campaign, AFB offers these tips for identifying and organizing medication:



- **A**sk your pharmacist to attach large-print or, if necessary, Braille labels to pill bottles.

- **T**he size and shape of a pill can help with identification. Practice feeling different pills in your hand until you can recognize them.

- **S**ore medicines in different places that serve as reminders, such as the nightstand if it's to be taken at night or in the kitchen if it should be taken three times a day.

- **U**se a weekly or daily pill

organizer. These boxes generally come

with large-print and/or tactile labels. As necessary, ask a friend, family member or home health aide to fill your pillbox for you.

- **T**he size and shape of some containers—such as OTC cough syrups and topical creams—may be enough of a clue to help you recognize them.

For more tips on medication management or resources on leading an active, independent, healthy life with vision loss, visit AFB Senior Site at www.afb.org/seniorsite. And if you or a family member has had trouble reading prescription or over-the-counter medication information, please share your story at www.afb.org/labels.

For people with visual impairment, keeping medications organized and accessible is essential for day-to-day health. **FPT**

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SUDOKU REALLY HARD

Instructions on page 21

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

→ Out of Bounds: An exhausted kangaroo.
 → Paradox: Two physicians
 → Will: A dead giveaway
 → Sudafed: Bringing litigation against a government official

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