

APRIL 2009

FREE

Family Pastime Magazine

familypastime.com

THE magazine for the WHOLE family Volume 4 Issue 9

HAPPY EASTER



Take Two
and give
one to
a friend

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MESSAGE GET YOUR MESSAGE IN FRONT OF POTENTIAL CUSTOMERS AND CLIENTS BY ADVERTISING IN FAMILY PASTIME MAGAZINE

Operator. *Chris Joker* **URGENT**

APRIL WEEKLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • Pooper-Scooper Week: 1-7 • Laugh at Work Week: 1-7 • Golden Rule Week: 1-7 • Medication Safety Week: 1-7 • Holy Week: 5-11 • Blue Ribbon Week: 5-11 • Week of the Ocean: 5-11 • Women's Nutrition Week: 5-11 • Explore Your Career Options: 5-11 • Networking Week: 6-12 • Public Health Week: 7-11 • Work Zone Safety Awareness Week: 7-11 • Passover: 9-16 • Environmental Week: 12-18 • Library Week: 12-18 • Personal Training Week: 12-18 • Pan American Week: 12-18 • Egg Salad Week: 13-19 • Crime Victims Rights Week: 13-19 • Occupational Health Nursing Week: 14-18 • National Wildlife Week: 18-26 | <ul style="list-style-type: none"> • Administrative Professionals Week: 19-25 • Coin Week: 19-25 • Customer Awareness Week: 19-24 • Karaoke Week: 19-25 • Inspirational News Week: 19-25 • Park Week: 19-25 • Playground Safety Week: 19-25 • Volunteer Week: 19-25 • Sky Awareness Week: 19-25 • Week of The Young Child: 19-25 • Cowboy Poetry Week: 20-26 • Fish Fry Week: 20-25 • Paperboard Packaging Week: 20-26 • Window Safety Week: 20-26 • Whistler's Week: 22-26 • Dream Hotline: 24-26 • Youth Service Days: 24-26 • Dance Week: 25-5/4 • Safe Kids Week: 4/27 to 5/3 • Police Officers Who Gave Their Lives In The Line of Duty Week: 19-24 • Astronomy Week: 27-5/3 |
|--|--|

APRIL MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • African American Women's Fitness Month • Alcohol Awareness Month • Amateur Radio Month • Autism Awareness Month • Cancer Control Month • Car Care Month • Celebrate Diversity Month • Child Abuse Prevention 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 • Informed Women Month • Customer Loyalty Month • Pet First Aid Awareness Month • Twit Award Month • IBS Month • Jazz Appreciation Month • Keep America Beautiful • Month of the Young Child | <ul style="list-style-type: none"> • Month of the Military Child • Child Abuse Prevention Month • Card and Letter Writing Month • Decorating Month • Donate Life Month • Garden Month • Humor Month • Kite Month • Knuckles Down Month • Landscape Architecture Month • Occupational Therapy Month • Parkinson's Awareness Month • Pecan Month • Poetry Month • Youth Sports Safety Month • Pharmacists War on Diabetes Month • Physical Wellness Month • Prevent Lyme in Dogs Month • Prevention of Animal Cruelty Month • School Library Media Month • Straw Hat Month • Stress Awareness Month • Southern Belles Month • Women's Eye Health & Safety Month • Workplace Conflict Awareness Month • World Habitat Awareness Month |
|---|--|

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.
SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.
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 answers.



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Your Tax Refund: Invest Today for Tomorrow's Goals

The tax-filing deadline arrives this month. Will you be getting a refund? If so, take the time to consider how best to use it — because, when used wisely, your tax refund can give you a few added steps on the road toward achieving your financial goals.

Of course, if you filed your taxes weeks ago, you might have already received a refund. But given the current economic environment, you might have kept the money in a “holding place” while you waited for an uptick in the financial markets. At any rate, if you have access to a refund this year, you now have the opportunity to put that money to good use.

Here are a few ideas:

\$ Help fund your IRA. In 2008, the average federal tax refund was \$2,429, according to the Internal Revenue Service. If you were to receive that amount, it would cover almost half

of your IRA contribution for this year, as the annual limit is \$5,000. (You can put in \$6,000 if you're 50 or older). A traditional IRA grows tax deferred, while a Roth IRA grows tax free, provided you have held your account for at least five years and don't take withdrawals until you reach age 59-1/2. Your IRA may have taken a hit last year, but if you fund it with quality investments and avoid making withdrawals until retirement, you can take important steps to help rebuild your portfolio.

\$ Help build an emergency fund. You could use part of your refund for an IRA and part to help build an emergency fund. Ideally, you should have six to 12 months' worth of living expenses in a liquid account to help pay for unexpected costs, such as a major car repair, a new furnace or a costly medical bill. Without such an emergency fund, you might be forced to dip into your long-term investments to pay for these costs — and that can hurt your progress toward your financial objectives.

\$ Help rebalance your portfolio. Based on your risk tolerance, time horizon and long-term goals, you may have decided to put a certain percentage of

your assets in “growth” vehicles and a certain percentage in income-oriented investments. At that point, your portfolio was in equilibrium. But during the long bear market, your portfolio may have sustained enough losses to become “unbalanced.” In other words, some of your investments may have lost so much value that they no longer make up the percentage of your holdings that you had originally intended. Of course, you could wait for these investments to bounce back — and they may, given enough time — but if you wanted to speed up the rebalancing process, you could use your tax refund to add the right types of new investments to your mix.

Ironic as it may seem, there may not be a better year in which to invest your refund. You can find many quality investments at reasonable prices today, so your refund can help you add extra shares to your accounts — and the more shares you own, the better off you may be when the market turns around. So put your refund to work soon. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Time To Buy Or Refinance A Home? By: Mike Trent

New Fed. efforts to prop up the housing market have pushed average rates on 30-year fixed mortgages to an all-time low — but both diving in and waiting have risks.

Thank Ben Bernanke for breaking the 5% mortgage-rate barrier.

The Federal Reserve announced plans March 18, 2009 to purchase up to \$300 billion in Treasury securities over the next six months and an additional \$750 billion of mortgage-backed securities through the end of the year. The 10-year Treasury, a benchmark for 30-year fixed mortgage rates, dropped 50 basis points on the news.

In turn, rates on fixed mortgages also plunged. Rates on conforming 30-year fixed mortgages, which averaged 5.29% prior to the announcement, according to Bankrate.com, dropped to 5%. By the following morning, mortgage lenders were on the phone locking in rates as low as 4.5%.

With these changes taking effect over the next few weeks, prospective borrowers should enjoy lower mortgage rates for the remainder of the year.

In fact, it's hard to find a better buyer's market right now. Not only are mortgages being granted at record-low rates, but there is an ample supply of unsold homes on the market selling at much lower prices than they would have a year ago.

Homeowners looking to refinance, however, face a bit of a dilemma. If they choose to refinance now, they may miss out on the possibility that rates will drop even further. Choosing to wait could mean that they miss out on today's record lows — or

perhaps be unable to refinance altogether.

For those homeowners trying to figure out what to do, remember the following. If you are in area where house prices are falling, waiting for a lower rate could be dangerous. Playing the waiting game may result in a lower home value and possibly make you ineligible for a refinance.

Even with President Obama's “Homeowner Affordability and Stability Plan” in place, homeowners who owe more than 105% on their homes' market value are not eligible for refinancing.

If you have an adjustable rate mortgage that is due to reset, you may be surprised to find that you could get a rate as low as 4.5%. Remember, when the economy is back on its feet and inflation becomes an issue, most often the rates become substantially higher. You would not want to find yourself with an adjustable rate mortgage at that time.

Remember to locate your local mortgage banker for additional information as rates are regionally determined.

Submitted by Wanda Hall, Primary Residential Mortgage, Inc.

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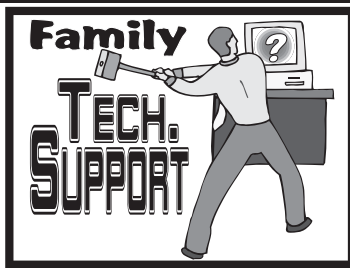
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What's the difference between a counterfeit dollar bill and a crazy rabbit?
 One is bad money, the other is a mad bunny!



How To: E-mail

By: Chris Joker

I get questions all the time from people about e-mail so I thought I would try to

clear up some of them. There are basically two ways to manage e-mail on your computer.

Webmail:

Webmail allows you to access, send, receive and manage your e-mail through a web browser. One advantage to webmail is that you can access your e-mail from almost any computer (anywhere in the world) as long as it has an Internet connection and web browser. Web mail is stored on the server (the great computer in the sky that is always on). Some of the more popular web mail services are Yahoo! Mail, Gmail and Hotmail. Most of these webmail services are free. Why are they free? Usually to entice viewers to keep coming back to their site. Many individuals check their e-mail on a daily basis, the more a viewer visits a website, and the more revenue a company can make selling advertisements.

E-mail Client:

With an e-mail client (Outlook, Thunderbird, Pegasus) you can check e-mail on any computer with an Internet connection on which you have the client set up. You may set up your client on more than one computer. Other advantages of using an e-mail client are: With one click you can check multiple accounts all at once, You have more options for composing e-mail, You can read mail offline, Once you've connected with your e-mail servers, you can always access your e-mail, even when you're offline. And you can compose and save e-mails to send once you're back online. E-mail checked through a client may be stored on the local computer and/or on

the server. Outlook is part of the Microsoft office suite and costs money. Free alternatives include: Outlook Express, Thunderbird, Pegasus and the Opera web browser includes a tab called Mail which is a pretty good client as well. To set up your client you will need to know, your e-mail address, your server information (this you can get from your Internet Service Provider--ISP) and the logon and password for your account. These instructions are for Outlook 2007 but they will be similar in other clients. Go to "Tools" (on the upper menu bar) then, "account settings" then click on "New" under the e-mail tab. Make sure POP3, IMAP, or HTTP is selected, click next, put in the required information, this version of Outlook offers to automatically find your server information but I have never had luck with that so I check "Manually configure server settings..." then click next select "Internet E-mail", "Next" then put in the required information. If you are using POP3 (Post Office Protocol version 3, POP3 is used to RETRIEVE e-mail) it will be something like mail.myserver.com. Next put in the SMTP server information (Simple Mail Transfer Protocol--SMTP is used to SEND mail) this may be the same as your POP3 info or it may be something like smtp.comcast.com. You can also select for your client to remember your password. This is good if you are on a secure computer or if you do not care if anyone else has access to your mail. In Outlook 2007 you can also choose "test account settings" this will test that the information you entered is correct. Also on this screen you will see "more settings" under this is an "advanced" tab. Here you can select "leave a copy of messages on server". I always tell clients that if it is their main computer to leave this unchecked this will actually download the messages to your computer, removing them from the server. If it is a laptop or secondary computer if you select this option a copy of the message will be left on the server until you check it on the main computer. You can also set up your webmail accounts in an e-mail client. This procedure will vary depending on which webmail account you have so check the help screen within your account for settings.

Whichever way you choose to manage your e-mail, the interfaces may look different but they all pretty much offer the same things.

INBOX: This is the place where your mail will be by default when it arrives.

DRAFTS: This is where a copy of an e-mail may be stored before you complete it before sending.

SENT: this is where a copy e-mails you have sent may be stored.

SPAM or JUNK: this is where mail determined to be SPAM is stored before you delete it.

TRASH: This is where the deleted mail is stored prior to permanently deleting it.

COMPOSE or NEW: This is where you generate a new e-mail message.

FILTERS: Depending on the webmail application or client, filters can be set up to do all kinds of great

things. You can filter all mail to or from a specific address to automatically be put in a different box than the inbox. For instance all mail received from Family Pastime Magazine can be set so that instead of going to the inbox it will go to the "My Favorite Magazine" box. You can color code messages. I.E. all mail from Uncle Doc will be displayed in green. You can filter based on subject line, all mail with the subject line "Nigerian Prince wants to give you a million dollars" can be automatically deleted. Filters can usually be set from something called "Options" or "Rules" which you might find under "Tools"

ATTACH A FILE:

Many people tell me they do not know how to attach a file or picture, this is pretty straightforward as well. After you click "Compose" or "New" and are met with the window where you write your e-mail you will see something that says "attach" and will probably be next to a picture of a paperclip. If you click on it you will be given the opportunity to browse your computer for a file or picture. Once you find the one you want select "insert" or "open" or "attach file" the file is now attached to your e-mail. If you have a client set up often times you may right click on the file name, select "send to" and then "mail recipient" and it will automatically be attached to a new message.

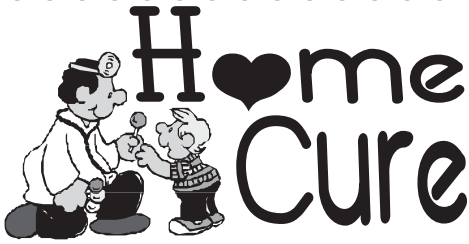
SIGNATURE:

An e-mail signature is a block of text that is appended to the end of an e-mail. Generally, a signature is used to provide the recipient with your name and contact information but also might include a picture or a quote. Some programs, such as Outlook 2007 allow you to pick between several signatures so you may have one set up for personal messages and one for business messages, just don't mix the two up. To create a signature click on "new" then click on the "signature" and select "signatures" in the box that opens type your information and format it the way you want. You can also click on the little icon that looks like the sun coming over the mountain and insert an image. When you are finished click "ok". Now when you compose a message this info will already be there. To change which signature you use, create more than one and then when you go to compose click on the signature icon and choose which one you want to use. In webmail accounts you can also set up signatures usually within "options" or "preferences" you may not be able to include a picture, you will have to consult the help file for your version to determine this.

Not all programs will use the same names or procedures as described here but they should be similar and with a little patience you should be up and e-mailing in no time. Send me an e-mail at tech@familypastime.com and tell me how you did or ask me a question for a future article. **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



Itching From Mosquito Bites

- Mix 3 spoons of baking soda with a little water; smear on sting
- Rub the afflicted area with the inside of a banana skin.
- Put ice on the spot immediately after being stung.
- Apply tea tree oil on the sting.
- Squeeze basil leaves and apply on sting
- Rub some lemon on the sting.
- Saturate a cotton ball in vinegar and put on the sting.

- Put some toothpaste on the bite (not on the skin). Peppermint toothpaste is by far the best
- Moisten the bite area and then rub table salt on the moistened area
- Rub apple cider vinegar directly on the mosquito bites
- Apply calamine lotion
- Apply ammonia on the bites
- Make a paste out of witch hazel and baking soda. Apply it and leave it on for about 15 minutes
- Aloe seems to top the list of all home remedies for mosquito bites when it comes to both eliminating the itch and healing the wound
- “Rub deodorant on the bites

- A mixture of 1 part water, 1 part seasoning salt, and 1 part garlic salt. It burns for about 5 seconds a then it is cured
- Just lick your finger and apply saliva to the bite
- Rub a bar of soap over the itch. Use a dry bar of soap directly on the skin or moisten the bite with water and then run bar of soap over area—or use a wet bar of soap
- Place a piece of scotch tape on the bite
- Take a hot shower, or a hot bath, or apply a hot compress. As hot as you can stand it without burning you.
- Meat Tenderizer & Water
- Tums Tablets: crush and add a few drops of water
- Aspirin: crush then add a few drops of water

“Home Cures” information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Family Pastime Magazine, Family Media Group LLC, the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. 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



Splitting Hairs

Meaning: To argue extensively over trifles or fine distinctions. To argue about an inconsequential and trivial aspect of an issue: “When you are accused of being forty-five minutes late for an appointment, you are splitting hairs to say that you were really only forty minutes late.”

Say WHAT???

By: Family Pastime Staff

Origin:

This idiom appears to originate in the 17th century. While an actual hair can be split today without much trouble, in the 17th century it was thought to be so fine that an effort to split it would be a waste of

time. The same was true of arguing a fine point. A 1652 citation in the Oxford English Dictionary uses the phrase “cut the hair”, but the meaning seems to be the same, to wit: “Machiavel cut the hair when he advised, not absolutely to disavow conscience, but to manage it with such a prudent neglect, as is scarce discernible from a tenderness.” A translation in 1691 of Gabriel D’Emillianne’s ‘Observations on a Journey to Naples’ offered: ‘Shewing himself very inventive and dexterous at splitting a Hair in his way of handling Scholastick matter.’ Shakespeare used this expression in the 1600s in one of his plays and “splitting hairs” has been widely used since. **FPT**

The Rules of Chocolate

- If you get melted chocolate all over your hands, you’re eating it too slowly.
- Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.
- **The problem:** How to get two pounds of chocolate home from the store in a hot car. **The solution:** Eat it in the parking lot.
- Diet tip: Eat a chocolate bar before each meal. It’ll take the edge off your appetite and you’ll eat less.

- If you can’t eat all your chocolate, it will keep in the freezer. But if you can’t eat all your chocolate, what’s wrong with you?
- If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.
- Money talks. Chocolate sings.
- Chocolate has many preservatives. Preservatives make you look younger.
- Why is there no such organization

as Chocoholics Anonymous?

Because no one wants to quit.

- Put “eat chocolate” at the top of your list of things to do today. That way, at least you’ll get one thing done.
- Chocolate is a health food. Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived either from sugar beets or cane, both vegetables. And, of course, the milk/cream is dairy. So eat more chocolate to meet the dietary requirements for dairy vegetable and dairy intake. **FPT**



Frugal Homeschooling Part 1 ~ The Adventure Of Used Book Sales

By: Lisa Baughn

Are you buying all new curriculum and books each year? Do you wonder, in this fluctuating economy, with salary reductions and job layoffs rampant, food prices creeping up weekly, fuel costs all over the map, how you are going to afford homeschooling this next year?

The next two columns in "There's No Place Like Homeschool" are going to deal with Frugal Homeschooling, an idea near and dear to my heart, so be sure to check back next month for more money saving ideas! You can always sign up for my free newsletter at www.ThePrudentWife.com for a great money saving e-mail each month!

We all want to give our children the best education possible, with the best books, curricula, games, toys, etc. Attending homeschool conferences each year keeps us wanting to buy the newest, latest, greatest, new cover out there. Opening emails from our favorite publishers and magazines keeps us wanting new things, but is there a frugal alternative?

Absolutely! Why pay full price for educating your children's at home, especially in a slow economy, when there is a world of opportunity out there with a frugal homeschoolers secret weapon, the Used Book & Curriculum Sales!

5 Tips to Help You Get the Most out of the Used Book & Curriculum Sale

1. Make every dollar work harder. Make a list of what you are going to need the following year. Write it all down, both the absolute must haves and the children's interests that year. This will help you stay clear and focused, helping you avoid the curse of the homeschool mom, buying duplicates, and passing up books that you "think" you have, but don't thus paying full price for later. A wish list helps you navigate the aisles, grabbing up the great deals and avoiding temptation! Don't forget to put books on the list that will encourage the parent too, especially the homeschool help books often sold

2. Check out which of these books on your list you can get at the local library! The library is packed with books, video, music and inter-library loan is the single best resource for the frugal homeschooler. Figure out what books you can get at the library and can live without purchasing. The library also has used book sales, a phenomenal way for homeschoolers to get great books for their home libraries.
3. Go through your books to determine what you have finished using. As children graduate and grow older, you can resell books no longer needed. As you purge books, think about your children. What are their personalities, interests, and bents? Will you need this book again? Should you save it for younger children? Or has it served its purpose and it is time to recycle and let it go on to another family at a great price?
4. Save tons of money by going to used book sales and both selling and buying for the next school year! Selling books is easy, you would be amazed at how many people will want what you have. Throw what you no longer need on a table, and you can often make enough money to buy a used copy of what is on your wish.
5. Check your list twice, marking off books you need, and books you have. Stash an extra copy in the car, until the Used Book Sale season is over.

There are tons of GREAT used book and curriculum sales in the Tri-Cities area, so put them on your calendar and plan to check out the website, especially if you plan to sell. Contact the sales coordinator to find out what the rules are for you selling your books

All of these will be listed on my blog (www.ThePrudentWife.com/blog) with live links and more information as it unfolds. Homeschoolers tend to put information out closer to the date, and I am writing this a month EARLY, so you can put it on your calendar!

Local Homeschool Curriculum and Used Book Sales:

Grace Educators in Abingdon, VA will hold

their sale on Monday, May 4th, at 7pm Pleasant View United Methodist Church in Abingdon. This is well worth the drive! It is easy to buy and sell.

KACHEA in Kingsport will be holding their sale on Monday, May 18th at Bloomingdale Baptist Church on Bloomingdale Rd in Kingsport. Set up will begin at 5 and selling will be from 6-8. KACHEA has a great sale every year, with tons of bargains! It is easy to buy and sell.

The NETHEA/Used Book Curriculum Sale has the largest sale by far in the Tri-Cities. It is a huge operation and has some rules to make things run smoother for buyers and sellers, so you will definitely want to check out their website to make sure you can sell. Buyers just show up early on Saturday, May 30th to a huge gym full of books.

Library Used Book Sales (Contact the library for more information.)

Johnson City Public Library's annual sale is April 17 & 18 www.jcpl.net

Washington County/Gray Library's Annual Book Sale is May 29-30 <http://www.wrlibrary.org/libraries/washco.htm>

Other Tennessee Libraries found here <http://www.booksalefinder.com/TN.html>

Be sure to attend at least one to get the 2009-2010 school year off to a fantastically frugal start. Confirm dates and times and more shopping tips on my blog www.ThePrudentWife.com/blog. Next month in **Family Pastime Magazine**, more Frugal Homeschooling ideas. **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!

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SUDO-KID-U 02

answers from last month

2	3	4	1
1	4	2	3
3	2	1	4
4	1	3	2

SUDO-KID-U 1

Instructions: On page 3

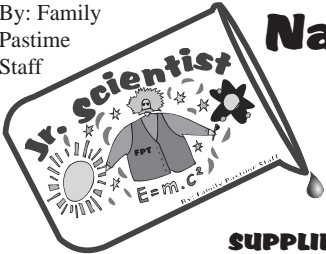
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SUDO-KID-U 2

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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



Naked Eggs

SUPPLIES:

- 3 raw eggs
- A container big enough to hold all your eggs
- A cover for the container
- White Vinegar
- Corn syrup
- Permanent marker
- Big spoon

HOW TO:

1. Draw two different faces (happy, sad) on opposite sides of each egg.
2. Place your eggs in the container so that they are not touching
3. Fill the container with enough vinegar to cover the eggs
4. Cover the container, put it in the refrigerator, and let the eggs sit in the vinegar for 24 hours. Bubbles will begin to show on the surface of the eggs after a few hours.
5. After 24 hours, the shells have softened and begun to disappear. Can you still see the faces?
6. Use your big spoon to scoop the eggs

out of the vinegar. Be VERY careful—since the eggshell has been dissolving, the egg membrane may be the only thing holding the egg together. The membrane is not as durable as the shell.

7. Carefully dump out the vinegar. Put the eggs back in the container and cover them with fresh vinegar. Leave the eggs in the refrigerator for another 24 hours.
8. After another 24 hours, most of the calcium will have dissolved and you can see the thin membranes that are between the shell of each egg and its contents.
9. Remove the eggs from the vinegar and carefully rub any remaining shell off under cold running water.

Why? When you submerge an egg in vinegar, the shell dissolves. Vinegar contains acetic acid, which breaks apart the solid calcium carbonate crystals that make up the eggshell into their calcium and carbonate parts. The calcium ions (ions are atoms that are missing electrons) float free, while the carbonate goes to make carbon dioxide—the bubbles that you see.

10. Place one egg in the corn syrup so that the syrup covers it completely. Put it in the refrigerator. After a few days, you will notice that the egg is much smaller.

Why? The liquid inside the egg is not as concentrated (having most of the water removed) as the corn syrup. Chemically, the liquid wants to go where there is a high concentration of matter and equalize the concentration. After two days, you will have only a membrane around an egg yolk because the water from the egg white has moved out of the egg.

11. Place a second "naked" egg in plain water so that it is covered. Put it in the refrigerator. After a few days, you will notice that this egg is larger. Why? The liquid inside the egg is more concentrated than the plain water in the container. The water goes into the egg to equalize the concentration. After two days, your egg will be about the size of a tennis ball.
12. The third egg can be used for a control (The control in an experiment is the part that receives no experimental treatment). You can keep it in a plastic bag in the refrigerator to prevent dehydration. You can also use this egg as a replacement should you accidentally break one of the others.

BONUS: You might try reversing the experiment. Note what the egg in the corn syrup looks like after a few days and then put it in the water. Put the egg from the water into the corn syrup. Are you able to reverse the activity? **FPT**

How to Hollow Out an Egg

SUPPLIES:

- Darning needle
- Raw Eggs
- Bowls
- Covered Containers

HOW TO:

1. Wash and dry a raw egg.
2. Insert a long needle into the large end of the egg to make a small hole. Twist the needle as you push it into the eggshell as far as you can while still holding it.
3. Use the needle to make a slightly larger hole in the small end.



4. Push the needle into the center of the egg and move it around to break the yolk.
5. Hold the egg over a bowl with the small end down.
6. Place your lips over the hole at the large end of the egg and blow firmly until all the egg comes out the hole at the small end.
7. Rinse out the egg by running a thin stream of water into the larger hole.
8. Blow out the water the same way that you blew out the egg.
9. To dry the eggshell, prop it up in a dish drainer with the large end facing down.
10. Make scrambled eggs from egg in bowl

SUDOKU EASY

Instructions: On page 3

1			8			3
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4			5			8



Healthy Eating

By: James Watson

That doesn't mean all vegetables all the time, though. Dr. Broyles said healthier options such as fruit, yogurt-covered raisins or pretzels are snack alternatives that won't leave a child with unhealthy aftereffects.



Also Dr. Broyles, who is also a mother to a young son, says, "don't use candy as a reward." "If I want to reward my son with food, I use grapes."

Make sure eating – even snacking - is generally kept to the dinner table.

Problems arise when snacks are kept in areas such as the living room or on the coffee table in front of the television. This leads to mindless eating, even when children aren't hungry. Also, beware of the

tendency to make a child eat even when he or she is not hungry. The old idea of "cleaning your plate" is not a healthy one, said Dr. Broyles. Children tend to stop eating at the table when they are full. Adults often continue eating until there is nothing left.

Keeping yourself and your children active year around is also important, and with the warming weather, it becomes easier to take the kids outside. Such activities can often counter the negative effects of a heavy meal. "Spend the afternoon with your children out taking a hike. Even if the weather is still a little cool, hikes are very enjoyable as long as you are well-prepared," Dr. Broyles said.

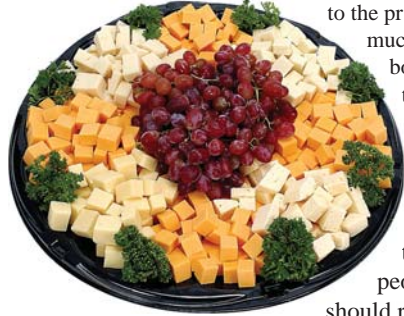
To re-cap

Healthy Eating Tips Include:

- Keeps snacks away from the television. This only encourages mindless eating.
- Remain active. Even a walk around the block after dinner helps get the metabolism going.
- Use creative alternatives. Yogurt-covered pretzels and fruit can be just as tasty as sugary sweets.
- When indulging in less healthy food, remember that moderation is the key. **FPT**

Contributed by Mountain States Health Alliance

Obesity is a national problem with some experts warning that this generation of youth may be the first in recorded to history to have a shorter life span than its parents. While a variety of factors are contributing



to the problem, much of it boils down to what kids are eating. "The first thing people should realize

is that kids are going to eat what their parents eat," said Dr. Lisa Broyles, a family practice physician with Blue Ridge Primary Care.. "If you bring junk food into the house, the children will eat it. Remember, it's the parents who do the shopping, so you should bring home food that is healthy."

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Sudoku last month's Really Hard answer

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

SUDOKU Medium

Instructions on page 3

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Adopting A Cat From An Animal Shelter

When choosing a cat to adopt from an animal shelter, there are several things that must be considered. Perhaps the most important thing to remember is that adopting a cat means the furry friend will most likely be around for a long while. In fact, a cat can easily live up to 20 years. Therefore, owning a cat isn't just a small commitment in time. Once the decision is made to adopt a cat, there are four main things to look for to ensure the pet will be healthy and a good match for the family and its lifestyle.

Activity

When visiting a cat shelter to choose a new feline friend, the first thing to do is to simply observe all of the cats and kittens. While observing them, just to get

an idea of how active they are and what type of attitude they have. If the cat is hunched in a corner or appears lethargic, it might not be too healthy. The last thing a new pet owner needs is to adopt a sick cat that will rack up the vet's bills. Similarly, a pet owner looking to add a new cat along with the pets he or she already has doesn't want to bring home a sick cat that will spread illness to the other pets.

Observing the cat while it is in its cage is helpful in determining the attitude of the cat. Some pet owners are looking for playful cats that will scamper about the house and chase and play with toys. On the other hand, some pet owners would like a cat that is a little more docile and that will spend hours cuddled up in the owner's lap. Watching the cats in their cages will help determine

which type of personality they have. Of course, a cat that is sleeping doesn't provide much information about its personality, because all cats sleep the majority of their day away. For sleeping cats, it will be necessary to rouse them to get an idea of their unique personalities.

Look At The Cat

After the selection of potential adoptees has been narrowed down, the remaining cats should be looked at more closely. To do this, the attendant should be asked to release the cats from the cage, one at a time.

A good place to begin the physical examination is to look at the cat's eyes. It is a good sign if the eyes are bright and clear. There also should be no discharge or running eyes, as both are signs of illness.

After inspecting the eyes, the nose should

be looked at next. It should be clean and slightly moist. Again, there should be no discharge. The ears should also be clean. Ears that are extremely dirty are potentially contaminated with ear mites. Ear mites can be very difficult to get rid of and can easily spread to other cats at home.

Finally, the cat's fur should be clean, shiny, and free of fleas. Fleas can be particularly bothersome to both the cat and to the owner. Furthermore, getting rid of fleas once they infest the home can be very difficult.

Listen To The Cat

Of those cats remaining, the next step is to listen to the cat. First, listen for signs of illness. A cat that coughs, sneezes, or sounds congested can be quite ill and should be avoided. Also, listen for sounds of contentment. A cat who is purring is likely happy and healthy. If the cat is meowing, the sound of the meow can often indicate trouble or contentment. A long, pleading meow could indicate the cat is ill. On the other hand, a playful meow could mean the cat is already developing a bond with its potential new owner!

After handling each cat, it is important to wash up with an antiseptic. That way, any illnesses one cat might have will not be spread to the other cats.

Play With The Cat


After finding a couple healthy cats that appear to have the appropriate personality, it's time to play! Get the last couple of cats out of their cages and set them on the floor. See how they interact with one another to get a feeling for the cat's disposition. Seeing how the cat gets along with other cats is especially important for pet owners who already have a pet cat at home.

Also, take out a string or car keys and dangle them in front of the cat. The one that seems most alert and active is likely the better choice. Of course, both cats can be adopted if the decision is just too hard to make! **FPT**

Cat Article courtesy of I-Love-Cats.com



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

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FATHER KNOWS BEST

By Chris Joker

"Oh, By the way, I have a major research project due tomorrow. It counts for 90% of my grade." If you are or were the parent of a school aged child, you have or will hear something very similar to that. Recently it was an egg-drop project. My son, Milo, had to design, create and decorate a container to hold an egg that was to be dropped from the roof of his school. The object was for the egg to survive the fall and the container to look like a space ship. "Oh, and it's due this Friday. Oh and we have baseball practice three nights this week". No problem. The rules stated that the container could be no bigger than 12 inches by 12 inches and we could not use a cooked egg. Monday was out, baseball practice. We could, however, brainstorm. We talked about what type of container to use; a box, a bucket, a motorcycle helmet, etc. We then discussed packing; pillows, packing peanuts, feathers, jell-o etc. Tuesday I did some motorcycle helmet research and discovered I could not find one for under \$50 which seemed a little pricey for this project. So that afternoon, after homework, We settled on a \$10 budget and went to the store for a little egg-drop reconnaissance. As we walked through the store we filled our cart with container candidates (buckets, bowls, boxes, giant Barbie doll heads etc). We then went to the hardware isle and employed the use of a tape measure to help narrow the candidates. This is about the time store security took an interest in our antics. Apparently the get a little antsy when you start measuring Barbie doll heads. We narrowed our choices to four, one bucket, one trash can, one giant plastic egg and one lettuce keeper bowl-type thing. In the end it was neck and neck with the giant plastic egg and the lettuce keeper bowl-type thing. While the giant egg had a certain Je ne sais quoi we ruled it out because we did not think we could pad it correctly and the lettuce keeper bowl-type thing (LKBTT) already had a sweet "flying saucer" look to it. We continued our recon looking for padding. Because it was around Easter time we found a giant stuffed peep head which seemed GREAT, \$15---not so great. We purchased the LKBTT and some white spray paint and headed home. For padding we decided on jell-o so we stopped and bought some. For some reason green seemed appropriate and 6 packages seemed about right. What with the LKBTT purchase, the spray paint and the jell-o we were right at budget. The plan now was to make half the jell-o, let it jell, put in the egg and make the other half of the jell-o. This would strategically place our egg in the center of the jell-o, padding it on all sides. On paper this looked good however when placing the egg on the already jelled jell-o, we noticed it already began to push through the

"Eggstronaut"

jell-o. HMMMMM. So now we decided to double the amount of jell-o while keeping the water the same, in theory this would give the jell-o a thicker consistency and our egg more padding. The problem with this is we really couldn't test it because then we would have to make more jell-o which we didn't have time for and it would blow our budget. I started talking about balloons, Milo was not keen on this idea until he added the idea of filling the balloon with jell-o. We also started thinking about the egg. What if we froze the egg? A quick check of the rules revealed that in addition to the egg not being cooked it also had to be "fresh". I Googled like a mad man to try and find SOMEONE, ANYONE who would make the argument that frozen does not necessarily mean not fresh. I even thought about editing a wikipedia entry to be more friendly to our cause. In the end we decided we weren't going to be able to justify frozen as fresh. We decided to use the jell-o and forgo the test. We had another egg thought though, what if we used a really small egg? It would weigh less and therefore generate less impact. I may not carry much weight in this town, but I do have an egg connection. I would call her tomorrow.

Wednesday morning, on the way to school, Milo spotted our trampoline and commented that if we had a small trampoline mounted in the center of our LKBTT that would be perfect. We laughed about it and then, after dropping Milo off at school, I could not get the nagging image of an egg trampoline out of my head. I dropped everything and went to the fabric store. I found three-inch wide elastic and a crochet hoop--- instant egg trampoline. I threw the budget out the window and bought the supplies after all we had 100 points and bragging rights on the line. I called my egg connection, Jenny. Rachel answered the phone, Jenny wasn't in. I was allowed with Rachel. Seriously, I didn't know if I could trust her. I didn't want her blabbing our idea to the competition. I am ashamed to say that Rachel implored an interrogation method so devious that even I could not resist. Rachel actually had the nerve to...to...to ask me if she could take a message --I cracked like a poorly padded egg on a sidewalk. Curse you

Rachel!!!! I was powerless. I spilled my guts like a water balloon against a brick wall. I told her why I was looking for Jenny, I told her about the trampoline, I told her about the jell-o I even told her about the time I egged the neighbor's house, which really had nothing to do with this but I was powerless to Rachel's cunning method of inquiry. Rachel, in a totally unexpected move, told me when she was young she used to take Styrofoam then heat a spoon and melt a half egg shape in two pieces. She would then put the egg in between the two egg-shaped concaves and tape the pieces together, "worked every time", she said. Interesting I thought. Rachel said she would give the message to Jenny. That afternoon we decided we would switch to the trampoline idea. We couldn't work on it because we had practice but we still had one day left before our... I mean

HIS egg drop contraption was due.

Thursday, no call from Jenny so I started freaking out. I was certain that that crafty Rachel had sold our idea to the highest bidding competitor. That afternoon, we got a reprieve because of expected rain the egg drop was postponed until after spring break. Hallelujah! Friday after STILL not hearing from Jenny I decided to pay a visit to her work. I was relieved to hear Rachel HAD given her the message she just did not realize it was me. Unfortunately she did not have access to small eggs. She did, however explain that the eggs she did have access to had a harder shell than your common store bought variety. I told her I wanted one and she said she would meet with her connection and supply one tomorrow under the condition that after the egg survived we would eat it. I can live with that. While Milo

Please see FKJ on page 13



ROLLER DERBY IS BACK IN THE TRI-CITIES



Upcoming Events

AWAY - CHRISTIANSBURG, VA
APRIL 19 VS. NEW RIVER VALLEY

HOME - APPY FAIRGROUNDS GRAY, TN
MAY 9 VS. CHARLOTTE ROLLER GIRLS
JUNE 7 VS. NEW RIVER VALLEY

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Earth Friendly Weed Killer

By: Michael Bloch

Instead of using really nasty chemicals to rid your garden of noxious weeds, where possible just try using water.

The trick is to boil it first of course. This is particularly effective for use on weeds in the expansion joints on driveways and paths.

Other greener options for killing weeds (depending on the type)

- Neat white vinegar is good as an earth friendly broad leaf weed killer. Vinegar is most effective when applied on a sunny day.
- A strong saline (salt) solution can be used on gravel driveways and where weeds have sprung up between cracks or joins in pavers. It's probably best not to use this in open areas where other plants are close by as repeated applications can cause the salt to leach over a

wider area. It's for this reason that salt is also a good way to prevent weeds from growing again.

- Lemon juice is also said to be highly effective in killing weeds of all types and it will break down very quickly.

There are also quite a few "green" commercial products around, but if you do need to buy "mainstream" commercial chemical preparations, I

recommend glyphosate it's probably the lesser of the evils in terms of popular herbicides.

Sold under hundreds of different brand names, glyphosate supposedly breaks down very quickly, although the video "The World According To Monsanto" challenges that claim.

Glyphosate is also very cheap. A \$4 bottle of generic



branded glyphosate is just as effective as a \$10 bottle of popular brand name weed killer containing glyphosate (which will remain nameless) if the concentrations are the

It can take up to 7 days after application before the weed starts to turn brown, particularly if it's a large one. Glyphosate should be applied when there's no chance of rain within 6 hours of application.

To further reduce environmental risks, only use the amount as directed on the bottle - using more won't kill the weeds any faster or more effectively. Also invest in a hand pump sprayer - the money you outlay on the sprayer will be offset by the reduction of glyphosate you'll need to use if, for example, you use a watering can to apply it. Less chemical - less collateral damage on the environment and less damage to your wallet. By using it sparingly, you'll also reduce the risks of weeds building up resistance.

As always, prevention is better than cure. One of the best ways to prevent weeds from growing is to use mulch, which has the added benefit of providing nutrients to plants and saving water in your garden. **FPT**

Air: The Sky's The Limit

(NAPS)—Earth Day was created in 1970 to celebrate Earth's life and beauty and to emphasize the need for preserving and renewing the threatened ecological balances upon which all life on Earth depends.

Chemists Celebrate Earth Day (CCED) is a program sponsored by the American Chemical Society (ACS) and is celebrated annually on April 22. Chemists Celebrate Earth Day was created as a way to highlight the positive impact that chemistry has on the environment. The ACS offers a suite of events, contests and educational resources that can be used by ACS members, chemical educators and chemistry enthusiasts to illustrate the positive role that chemistry plays in the world.

Here are some ways to help protect the environment, on Earth Day and throughout the year:

- Tour a recycling center or a laboratory or government facility that monitors the Earth, soil, water, plants, atmosphere or the weather;
- Encourage members of your community to reduce their carbon dioxide emissions by walking, bicycling or using public transportation



- Hold a theme-related awareness event at your library, school or other public site.

This year, the American Chemical Society's observance of Earth Day includes a wide variety of community activities focusing on the program's theme, "Air—The Sky's the Limit." This annual event unites ACS local sections, businesses, schools and individuals in communicating the importance of chemistry to the quality of life.

Activities planned by ACS local sections and student affiliates feature an illustrated haiku contest for students in grades K-12 and informing the public of ways they can reduce their carbon footprints.

Among ACS's numerous ongoing, environmental-related initiatives is the Green Chemistry Institute, which addresses environmental issues throughout the year. Green chemistry is the design of chemical products and processes that reduce or eliminate the use and generation of hazardous substances.

The American Chemical Society—the world's largest scientific society—is a nonprofit organization chartered by the U.S. Congress and a global leader in

providing access to chemistry-related research through its multiple databases, peer-reviewed journals and scientific conferences. Its main offices are in Washington, D.C. and Columbus, Ohio. To learn more, visit the Web site at www.acs.org/earthday. **FPT**

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**CREATURE
FEATURE**

By: Georgia Tetch



TURTLES

Turtles are the most ancient of all

living reptiles. They first appeared on earth some 200 million years ago and have remained relatively unchanged since that time. More than 200 species of turtles populate every continent except Antarctica and in every ocean except the Arctic.

The difference between the following reptiles has more to do with where they live than how they look. Tortoises live their entire life on land. Terrapins live in brackish water (semi-salty). Sea Turtles spend their life in the ocean except for a few hours each season when the females come ashore to dig nests and lay eggs. In the United States we group them all together and call them turtles.

All three are vertebrates, which mean they have a backbone. Their backbone and rib

cage are actually fused to their shells. They cannot leave their shell. It is their home and protection from predators and adverse

weather. Most land turtles can pull their head and legs into their shell. Sea turtles are unable to do so because of the extra muscles in their necks. These muscles help them swim powerfully through the ocean.

Turtles lay eggs, like other reptiles, which are slightly soft and leathery. Eggs are deposited in holes dug into mud or sand. They are covered and left to incubate (to maintain under conditions favorable for hatching) by themselves. When the turtles hatch, usually in the autumn, they squirm their way to the surface, often not until spring (this is referred to as "overwintering") and head toward to the water. There is no known turtle species which the mother cares for the young.

Like other reptile's turtle's internal temperature varies according to their environment. They are called "cold-blooded". They breathe air even though they live in or



around water. At body temperatures of 40 to 50 degrees turtles become sluggish, stop eating and seek hiding places to get safely through the winter. Aquatic turtles are the largest, they go into the bottom mud or under the bank where the water is cold but does not freeze. Some turtles can stay underwater for days at a time without taking a breath as long as the water is cold. They must surface at regular intervals to refill their lungs.

The Eastern Box Turtle is the official reptile for the state of Tennessee. This peaceful creature usually reaches a length of less than six inches and has a shell of black and brown with spots of yellow, orange and red. This reptile usually lives between 30 and 60 years and never ventures far from its place of birth.

FPT

FKJ

continued from page 11

was away on Spring Break I had grandiose plans of testing different configurations. I did not. Monday after Spring Break we found out the egg drop would be Tuesday. We had to get serious. Filling a balloon with an egg and jell-o, while sounding like a good idea could prove to be problematic. We decided, instead to tape an egg to a water balloon. Milo claimed it would not work. I held out hope. Instead of taking a chance on ruining our partially decorated LKBTT for testing purposes, we opted for a trash can substitute. We strapped our little egg test pilot (an ordinary store bought, expendable egg) to a water balloon and put it in the trash can we then went to the test site, our deck. After a brief 5 second count-down we let it drop. I had not considered the weight a balloon full of water would add to our container. I tried to explain to Milo that since we know that the acceleration of a falling object is 32 feet per second per second and that according to Newton's first law every object in motion will stay in motion until acted upon by an outside force and then we add to that Newton's second law which states Force equals mass times acceleration.... "But, Dad, what does that mean?" "It means son that when you strap an egg to a water balloon, put the balloon in a trash can and then drop said can from a deck onto concrete, it will break". And not only will IT break but it WILL break the trash can too. What the heck, we

can add the cost of one trash can to our already busted budget. Suddenly the cost of a motorcycle helmet seemed cheap. Next we decided to try an air filled balloon. We taped the trash can back together, strapped a very nervous looking test egg number 2 to the balloon and proceeded to the test site. We dropped the trash can. It hit with significantly less force. The egg did not break. Well not at first. AFTER the trash can hit and the little egg test pilot seemed to have a look of relief on his face, the trash can fell over sideways the balloon/egg fell out, hit the concrete and broke. Test #3 we taped the test pilot egg in between two balloons and taped it into the now tape covered trash can (when you are so far over budget already, what's the cost of a little more tape?). This test egg survived, TWO test flights. We were happy but we weren't satisfied yet. We wanted to test Rachel's idea. I'm the kind of guy who saves original packing material for stuff in case I have to ship it back. Let's just say I hope I don't have to send back my computer. The Styrofoam really wasn't big or thick enough to exactly do what Rachel suggested. However, the piece we had did have a nice hole in it which was just about egg sized. We put our new egg test pilot (oh test pilot #3 met with a horrible and tragically fatal counter accident after the balloon test---we will remember him fondly) into the Styrofoam hole and packed more Styrofoam around him. Three tests, three successes. We

had our plan. Thank you Rachel. The egg drop was scheduled for 2:00 Tuesday. I arrived at 1:45 to get a good seat which surprisingly turned out to be unnecessary. Milo and his class arrived about 2:08. Milo took one look at me carrying 2 cameras, my Family Pastime Magazine press credentials, a tape recorder and a large orange "we're #1 foam finger and immediately pretended he didn't know me. There were more than a few butterflies in my stomach as I watched the official roof-top egg drop guys prepare to drop our...I mean Milo's LKBTT. Without going into too many details let me just say tomorrow morning I will be enjoying Jenny's egg for breakfast....scrambled, no doubt. **FPT**

**Last
month's
HARD
answer**

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



Apple Chicken Quesadilla Recipe

SUPPLIES:

- 4 eight-inch Flour tortillas
- 1 C cooked, shredded or chopped, chicken
- 1/4 lb cheddar or Monterey jack cheese, sliced or grated
- 1 apple, sliced
- 1/4 cup salsa

HOW TO:

1. Heat a large skillet on medium high heat.
2. Place one tortilla in the skillet. Flip it a couple of times with a spatula, then let it sit in the pan heating up until air pockets form and parts of the tortilla begin to puff up.
3. Flip it again.
4. Place cheese slices on half of the tortilla, at least 1/2-inch from the edge of the tortilla.
5. Add chicken pieces on top of the cheese.
6. Fold the tortilla over like an omelet, and press down on the folded tortilla with the spatula.
7. Lower the heat to medium.
8. If you have enough room in your skillet, add a second tortilla to begin to heat it up.
9. When the cheese inside the quesadilla has melted, remove the quesadilla to a cutting board.
10. Open it wide and layer on apple slices and salsa.
11. Fold the tortilla back again, and cut it into 3 triangles
12. Repeat with the remaining tortillas.

E-2 Deviled Eggs

SUPPLIES:

- 6 hardboiled eggs, peeled and cut lengthwise
- 1/4 C Light Mayonnaise or Salad Dressing
- 1/2 tsp dry ground mustard
- 1/2 tsp white vinegar
- 1/8 tsp salt
- 1/4 tsp ground black pepper
- Paprika for garnish

HOW TO:

1. Remove the egg yolks to a small bowl and mash with a fork.
2. Add mayonnaise, mustard powder, vinegar, salt and pepper and mix thoroughly.
3. Fill the empty egg white shells with the mixture and sprinkle lightly with paprika.

Kid Friendly Recipes



Chocolate Eggs

SUPPLIES:

- 1 large egg
- 1 darning needle
- 3.5 ounces chocolate
- 1 egg cup
- 1 small jug
- Colored sugar, icing, gummies, etc.

HOW TO:

1. Hollow out the egg (See how to hollow out an egg on page 8)
2. Make sure egg is dry before you start.
3. Make sure hole in top of egg is big enough to pour melted chocolate into.
4. Support hollow egg in an egg cup
5. Melt the chocolate in a double boiler
6. Pour the melted chocolate into the jug.
7. Pour the melted chocolate through the hole.
8. Leave the egg in a cool place to harden, then break open the shell.
9. Decorate the egg with colored sugar, icing, gummies, etc.

Potato & Hardboiled Egg Casserole

SUPPLIES:

- 6 medium potatoes, peeled
- 1 C sour cream
- 1 (10 1/2 ounce) can cream chicken soup
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp curry powder
- 4 hardboiled eggs, sliced
- 1/2 C soft bread crumbs, combined with
- 1/2 C shredded sharp Cheddar cheese

HOW TO:

1. Cook potatoes whole in boiling, salted water until tender. Drain. Slice about 1/4 inch thick.
2. Preheat oven to 350.
3. Combine sour cream, chicken soup, salt, pepper, and curry powder.
4. Layer bottom of a 2 quart casserole with 1/3 of potato slices, then 1/3 egg slices, then 1/3 cream mixture. Repeat layering 2 more times.
5. Sprinkle bread crumb/cheese mixture over top. Bake, uncovered, in preheated oven about 30 minutes, or until heated through and browned on top.

FOOL PROOF CHICKEN

SUPPLIES:

- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 PKG Lipton onion soup mix
- 1 soup can water
- 1 cup wild or white rice - well washed
- 6 boneless, skinless chicken breast or 3 chicken breasts, boned, skinned and split

HOW TO:

1. Mix the cans of soup, onion soup mix, water, and rice in casserole dish and let sit for a couple of hours.
2. Arrange the chicken breasts on top of the mixture
3. Cover and bake in oven at 350 for one hour.
4. Uncover and stir gravy mixture and put back in oven for another hour. Makes 6 servings.

Perfect Hardboiled Eggs

1. Place eggs in single layer in saucepan.
2. Cover with at least one inch of cold water over tops of shells.
3. Bring covered pot to a boil over medium heat.
4. When water comes to a full boil, remove from heat and let stand.
5. Large soft-cooked eggs: let stand in hot water 1 to 4 minutes, depending on your tastes.
6. Large hard-cooked eggs: let stand in hot water 15 to 17 minutes.
7. When cooked as desired, drain off hot water.
8. Immediately cover with cold water and add a few ice cubes.
9. Soft-cooked eggs: let stand in cold water until cool enough to handle. Serve.
10. Hard-cooked eggs: let stand in cold water until completely cooled. Use as needed.

Tips:

- Never boil eggs. It makes them rubbery.
- Use older eggs. Fresh ones won't peel properly.
- To keep eggs from cracking while cooking (before placing in water), pierce large end with a needle, which will also make them easier to peel.

How many Easter eggs can you put in an empty basket? Only one - after that it's not empty anymore!

Last Month's Medium answer

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



Fun Family Events APRIL



NOTE: Every effort is made to assure the accuracy of events and dates. Please double check with the sponsor before attending an event. 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 or All Fools Day, Fun at Work Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
- 2.** Children's Book Day, Reconciliation Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, K-1 Story Stretchers* (K-1st) 4pm, Sit! Stay! READ!* (1st-5th) Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
- 3.** Pony Express Day, Tweed Day, Hospital Admitting Clerks Day
- 4.** World Rat Day, Love Our Children Day, Tangible Karma Day
Jonesborough, Children's Easter celebration from 1 pm - 4 pm Storytelling Park behind the International Storytelling Center
- Hands On!** Hot Tea & Totes: An Auction Celebrating Women at 10:15 am. For ticket info call 928-6508 x.108
- JCPL** Saturday Stories 2 pm with guest author, Suzanne McGovern author of the Gator Series, Chess with Ralph Roller (K-5)
- 5.** Palm Sunday
Asheville Art Museum Family Art pARTy 2-4 p.m
- 6.** Chris' Birthday, Drowsy Driver Awareness Day, Tartan Day, Teflon Day
JCPL Family Storytimes * 6:30 pm
- Washington Co. Library** Abingdon, VA First Monday Knitting Classes Begin 276.646.2269
- 7.** Metric System Day, No Housework Day, World Health Day
JCPL Two's Time* (age 2)10 am, Teens Make a "Green" Book* 6:00 pm
- 8.** Buddha Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
- 9.** Cherish An Antique Day, Former Prisoner of War Recognition Day, Winston Churchill Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, GO GREEN* (K-5) 4 pm, Sit! Stay! READ!* (1st-5th) Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
- 10.** Good Friday, ASPCA Day, D.A.R.E. Day, Sibling Day, Salvation Army Founder's Day
KOA Bristol/Kingsport Easter Fest 10-12 bristolkptkoa.com

- 11.** Barbershop Quartet Day, "Louie Louie" Day, Baby Massage Day
JCPL Bilingual Storytime Span/Eng 2 pm
- 12.** EASTER, Licorice Day, Walk on Your Wild Side Day
- 13.** Dyngus Day, Thomas Jefferson Day, White House Easter Egg Roll
JCPL Family Storytimes 6:30 pm
- 14.** Be Kind To Lawyers Day, Pan American Day
JCPL Two's Time* (age 2)10 am, Watauga Association of Genealogists Family Research Help 6:30 pm, Sit! Stay! READ!* (1st-5th) Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
- 15.** Income Tax Pay Day, McDonald's Day, Take a Wild Guess Day, Equal Pay Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
- 16.** High Five Day, Moment of Laughter Day, Stress Awareness Day, Wear Your Pajamas To Work Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, K-1 Story Stretchers* (K-1st)4pm
- 17.** Blah! Blah! Blah! Day, Ellis Island Family History Day, Ford Mustang Day
- 18.** Pet Owners Independence Day, Record Store Day, Respect Your Mother Day, Teach Your Daughter to Volunteer Day, Husband Appreciation Day, Auctioneers Day
JCPL 2nd Annual Book Festival 10 am -3:30 pm, Saturday Stories 11 am with guest author, Suzanne McGovern author of the Gator Series
- 19.** National Hanging Out Day, Oklahoma City Bombing Commemoration Day
Hands On! 3rd Annual Girl Scout Earth Day* Earn badges and learn about how to preserve and protect the environment. FREE admission for all 1-4.
- 20.** Boston Marathon
JCPL Family Storytimes 6:30 pm
- 21.** Kindergarten Day, Chocolate-covered Cashews Day, Teach Your Children To Save Day
JCPL Two's Time* (age 2)10 am , **JCPL** Teens Coffee House & Poetry Slam* 6 pm
- 22.** Earth Day, Jelly Bean Day, Secretary's Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
Hands On! Heart Dissection, dissect a pig heart* you will learn all about the veins, arteries, and chambers.

- Ages 7+, \$7 per person. Registration
- 23.** World Book & Copyright Day,
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, Sit! Stay! READ!* (1st-5th) Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
Take Our Daughters & Sons to Work Day
- 24.** Arbor Day, Hairball Awareness Day
KOA Bristol/Kingsport Arbor Day 24-25 bristolkptkoa.com
- 25.** Bob Willis Day, Bulldogs are Beautiful Day, Red Hat Society Day
- 26.** Hug An Australian Day, Marconi Day, Mother, Father Deaf Day
- 27.** Mantanzas Mule Day, Morse Code Day
JCPL Family Storytimes 6:30 pm
- 28.** Workers Memorial Day
JCPL Two's Time* (age 2)10 am
- 29.** Sense of Smell Day, Dance Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am
- 30.** Hairstylists Appreciation Day, Honesty Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, EXPLORERS* (K-5) TRI-CITIES Airport with Melissa Thomas 4 pm, Sit! Stay! READ!* (1st-5th) Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm

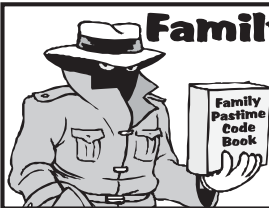
*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND

SUDOKU REALLY HARD

Instructions: On page 3

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

Crypto clue: H=1



Family Crypto-Time-Last Month's Answer

"May you live as long as you want, and
TNO ODR SKQI NP SDVW NP ODR FNVH, NVU
never want as long as you live"
VIQIZ FNVH NP SDVW NP ODR SKQI --Irish Blessing

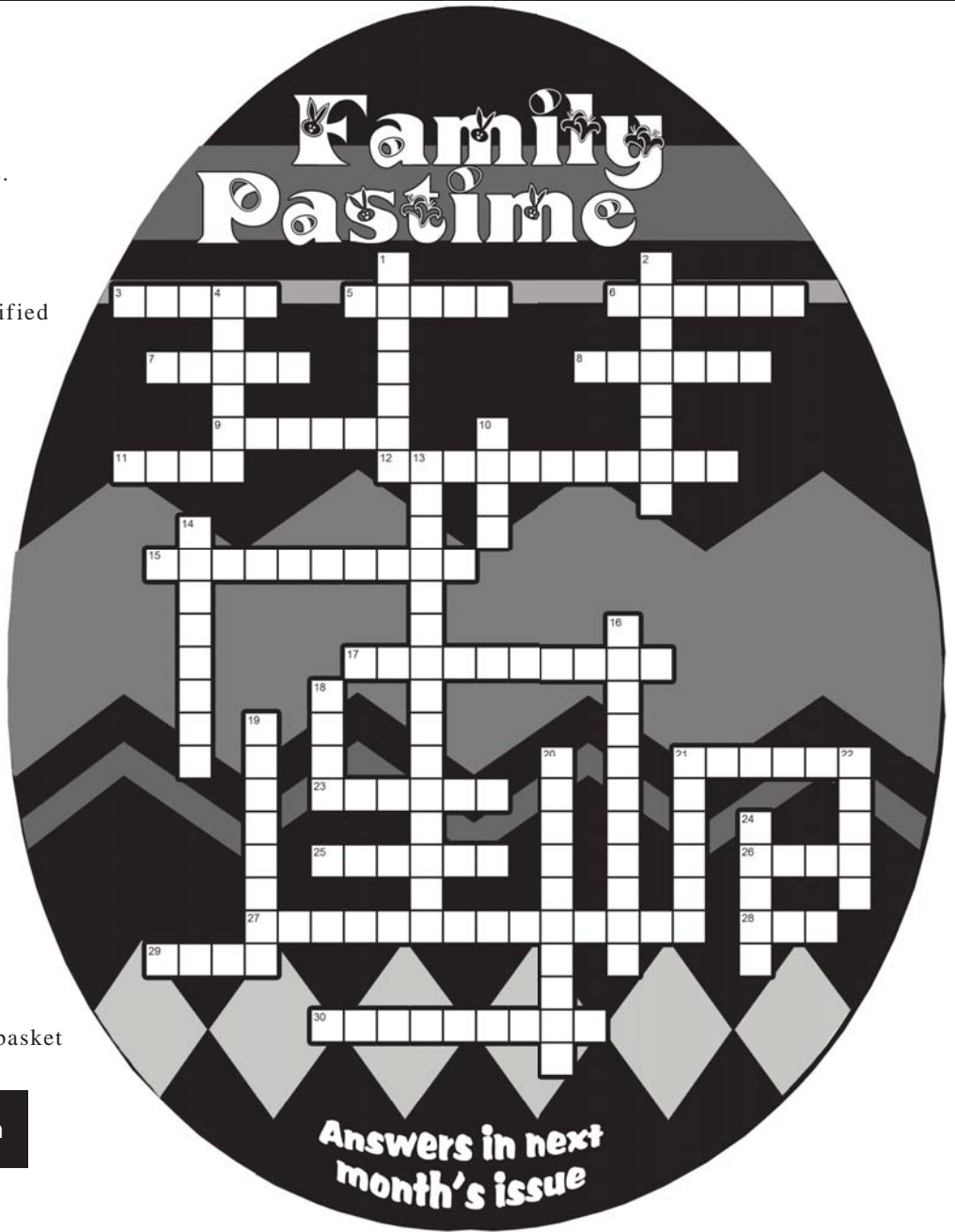
Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: NMGUILWJKYCVSTYDBEZPHRQFAOX

Across

- 3. Perennials
- 5. To produce or yield blossoms
- 6. The color of your Easter dress
- 7. This is a kite day
- 8. The Easter Bunny carries eggs in this.
- 9. Jesus rose on this day
- 11. What you do to find eggs
- 12. School vacation in Spring
- 15. How are eggs cooked before hiding?
- 17. What we call the day Jesus was crucified
- 21. The season of Easter
- 23. Outdoor meal on a sunny day
- 25. Nobody likes it if it rains on this
- 26. Decorate these for Easter
- 27. Hollow ones are good but solid ones are better
- 28. A way to color eggs
- 29. Some are Boxes
- 30. An outside hobby

Down

- 1. "April showers bring May _____."
- 2. Everybody gets a pair
- 4. Special Easter hat
- 10. Traditional Easter flower
- 13. "Here he comes _____ Hopping down the bunny trail."
- 14. A day to celebrate mother earth
- 16. He brings treats for children on Easter
- 18. Yellow, marshmallow chick
- 19. Black jelly beans
- 20. Small colorful legume shaped candy
- 21. On what day of the week does Easter always fall?
- 22. You find this in the bottom of your basket
- 24. Plant these



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SUDO-KID-U 01 Last month's Answer

4	3	1	2
2	1	3	4
1	4	2	3
3	2	4	1

Please Support Family Pastime Advertisers!

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

ZAGHEK HZ ETXPGU'Z NTL IQ ZTLHEK,
SUX'Z ATGXL! -Robin Williams

Look on the Fun Family Events page for a clue. Look for the answer next month.



What Did People Use Before Toilet Paper Was Invented? By: I. M. Yuckee

What did people use before toilet paper? Well, just use your imagination: grass, leaves, fur, mussel shells, corncobs, magazines, their hand, etc. The ancient Greeks used stones and pieces of clay; ancient Romans used sponges on the ends of sticks, kept in jugs filled with brine (salty water). Middle easterners commonly used the left hand, which is supposedly still considered unclean in the Arabian region. Sailors and pirates used frayed pieces of an anchor line. It was once common practice in rural America to leave a corncob hanging from a string in the outhouse for purposes of personal hygiene. Apparently the reason to hang it on a string was so that the cob to be reused--yuck. Some parts of the country that were flush with corncobs might provide a box of disposable cobs.

Paper specifically designed to be used as toilet paper originated in the late 14th Century, when Chinese emperors ordered it in 2-foot x 3-foot sheets.

Corncobs and pages torn from newspapers and magazines were commonly used in the early American West. With the rise of the Sears Roebuck company --- a catalog company, pages from the catalog were used. As with the cob, the catalog was be hung on a string in the outhouse

and pages were torn off as needed. When Sears began printing color pictures in the catalog earlier in the 20th century the use of coated stock, which was nonabsorbent, was a source of great concern to farm families. and even produced such humorous spin-offs as the "Rears and Sorebutt" catalog. The Farmer's Almanac had a hole in it so it could be hung on a hook and the pages torn off easily.

English lords, in attempting to teach their sons to be cultivated gentlemen, often advised purchasing an inexpensive volume of verse for use in the loo. The idea, appears to be that while the young gentlemen were sitting there they might read a few stanzas, after which the paper would be used for cleaning purposes.

Using water to clean oneself, often along with toilet paper or sometimes in lieu of toilet paper, is common in Europe, most of South America, the Indian subcontinent, and the Muslim world where people use their left hand to clean themselves and their right hand for eating and greeting. However, the converse is true in parts of Africa, where a right-handed handshake could be considered offensive.

In France, toilet sanitation was supplemented by the invention of the bidet in the 1710s. With the improvements to plumbing in the mid- to late 19th century the bidet moved from the bedroom (where it was kept with the chamber pot) to the bathroom. Modern bidets use a

stream of warm water. Before modern plumbing, bidets sometimes had a hand-crank to achieve the same effect. The bidet is commonplace in many European countries, especially in Spain, France, Italy (where it can be found in 100% of the private houses). In Greece and Japan approximately half of all households have a form of bidet (often combined with the toilet in a single appliance). It is also very popular in the Middle East.

In addition to the more well known bidet, another alternative resembles a miniature shower and is known as a "health faucet". It is placed in an alcove to the right hand side of the toilet, thus enabling the person using it to have it within an arm's length for easy accessibility.

In 1857 Joseph C. Gayetty of New York started producing the first packaged toilet paper in the U.S. It consisted of pre-moistened flat sheets medicated with aloe and was named "Gayetty's Medicated Paper". Gayetty's name was printed on every sheet.

Rolled and perforated toilet paper as we're familiar with today was invented around 1880. Various sources attribute it to the Albany Perforated Wrapping (A.P.W.) Paper Company in 1877, and to the Scott Paper company around 1890. Reportedly the Scott Company was too embarrassed to put their name on their product, as the concept of toilet paper was a sensitive subject at the time, so they customized it for their customers... hence the Waldorf Hotel became a big name in toilet paper. **FPT**

SUDOKU HARD

Instructions: On page 3

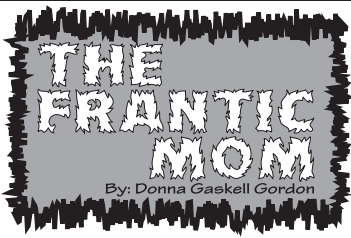
			3	5			8	
5		9	6		2			
					8		2	
	3	2					5	4
6				8				3
4	7					9	1	
	6		8					
			2		6	4		1
	1			4	5			

Easy Answer From last month

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

SUPER SUDOKU Answer from last month

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



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**

Discovery Education And 3m Search For America's Top Young Scientist

Middle School Students Can Enter for the Chance to Win \$50,000 in U.S. Savings Bonds

Do you know a middle school student who is eager to explore the wonders of science? Discovery Education and 3M announce a call for entries in the 2009 Discovery Education 3M Young Scientist Challenge (YSC), the nation's premier science competition for students in grades 5 through 8. Ten finalists will be selected to receive an all-expense paid trip to New York City to compete in the final challenge in October. The winner will receive \$50,000 in U.S. Savings Bonds (\$25,000 cash value) and the title of "America's Top Young Scientist."

Research shows that science test scores start to drop in middle school when interest in science begins to wane. In an effort to foster the development of our nation's next generation of scientists, Discovery Education and 3M have teamed up once again to reward students for their science acumen and curiosity, while encouraging them to share that passion by creatively communicating their findings.



Underlining the importance of communication skills in the science field, the competition challenges middle school students residing in the United States to create a one- to two-minute video about a specific scientific concept that relates to innovative solutions for everyday life. Evaluated by a panel

of judges, all video entries for the 2009 competition will be assessed based on creativity, persuasiveness, classroom suitability and overall presentation. Videos will not be evaluated on production skills and may be recorded on cell phones or simple digital cameras. All video entries must be submitted online at www.youngscientistchallenge.com by May 20, 2009.

The video entry should use science to create an innovative solution to one of these everyday problems:

1. How can I play my music system for my own enjoyment, without disturbing the rest of the house?
2. What can I do to the soles of my shoes to make them better perform when I skate board?
3. What can I do to reduce the glare on my television when I'm playing video games?
4. What device or method can I create which might help lower my family's heating or cooling bills?

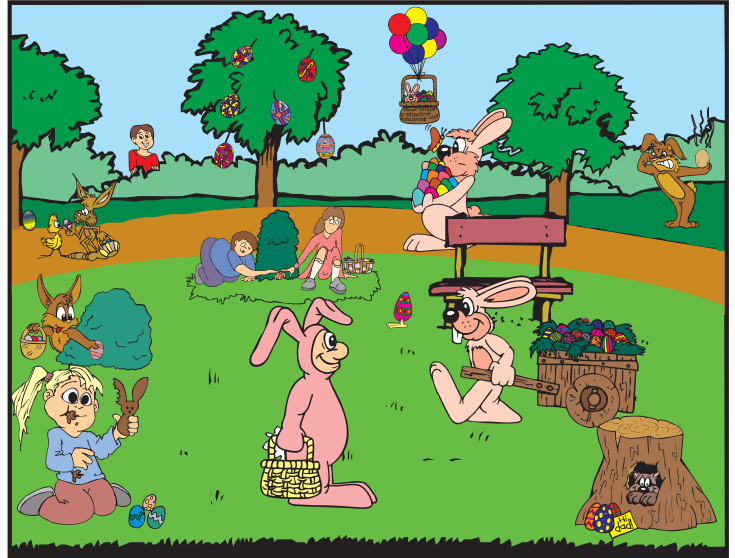
For more information on the Discovery Education 3M Young Scientist Challenge, including submission guidelines and examples of entry videos, go to www.youngscientistchallenge.com. **FPT**

Q. What's big and purple and hugs Easter baskets?

A. The Easter Barney

DOUBLE TAKE

Find at least 30 differences in the two pictures (answers are on the bottom...no peeking!!!)



Egg faces other way, Wheel, Bunny eyes, More Balloons, Balloon color , Egg tree, Egg color, Bunny suit ear, Stump, Bunny suit ear, Stump, Bunny tooth, Chocolate bunny ear, Ponytail, Eggs moved on shirt, Egg by tree, Eggs in cart, Girl's eye, Cart handle



SUPER SUDOKU Instructions: On page 3

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	7	9	3	C		E	5		B	2	8		D			
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		C	5				3	B					D	2		
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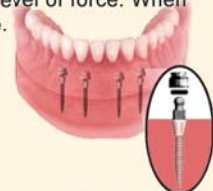
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