

APRIL 2010

FREE



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THE magazine for the **WHOLE** family Volume 5 Issue 9

Take TWO
and give
one to
a friend

**Middle School
Students Contest
You can Win
\$50,000 in
U.S. Savings
Bonds
See Page 15
For Details**

**One-year
Celebration Held
at Niswonger
Children's
Hospital
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April WEEKLY OBSERVANCES

- Pooper-Scooper Week: 1-7
- Laugh at Work Week: 1-7
- Golden Rule Week: 1-7
- Medication Safety Week: 1-7
- Hate Week: 4-10
- Blue Ribbon Week: 4-10
- Public Health Week: 4-10
- Work Zone Safety Awareness Week: 4-10
- Week of the Ocean: 4-10
- Women's Nutrition Week: 5-11
- Explore Your Career Options: 5-10
- Networking Week: 5-11
- Environmental Week: 11-17
- Karaoke Week: 11-17
- Library Week: 11-17
- Personal Training Week: 11-17
- Pan American Week: 11-17
- Week of The Young Child: 11-17
- Whistler's Week: 14-18
- Park Week: 17-23
- Cleaning For A Reason Week: 18-24
- Coin Week: 18-24
- Crime Victims Rights Week: 18-24
- Volunteer Week: 18-24
- Sky Awareness Week: 18-24
- Astronomy Week: 19-25
- Consumer Awareness Week: 19-24
- Fish Fry Week: 19-24
- Inspirational News Week: 19-25
- Police Officers Who Gave Their Lives In The Line of Duty Week: 19-24
- Paperboard Packaging Week: 19-25
- Window Safety Week: 19-25
- Turnoff Week: 19-25
- Dance Week: 23-5/2
- Pie Week: 23-25
- Scoop The Poop Week: 24-30
- Playground Safety Week: 25-30
- Safe Kids Week: 26 to 5/2

April MONTHLY OBSERVANCES

- 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
- Fair Housing Month
- Financial Literacy Month
- Fresh Florida Tomatoes Month
- Frog Month
- Global Child Nutrition Month
- Grange Month
- Holy Humor Month
- Informed Women Month
- International Customer Loyalty Month
- International Guitar Month
- International Twit Award Month
- IBS Month
- Jazz Appreciation Month
- Keep America Beautiful
- Month of the Young Child
- Month of the Military Child
- National Card and Letter Writing Month
- National Decorating Month
- National Donate Life Month
- National Garden Month
- National Humor Month
- National Kite Month
- National Knuckles Down Month
- National Landscape Architecture Month
- National Occupational Therapy Month
- National Parkinson's Awareness Month
- National Pecan Month
- National Poetry Month
- National Youth Sports Safety Month
- Pharmacists War on Diabetes Month
- Pet First Aid Awareness Month
- Physical Wellness Month
- Prevent Lyme in Dogs Month
- Prevention of Animal Cruelty Month
- School Library Media Month
- Soy Foods Month
- Straw Hat Month
- Stress Awareness Month
- Women's Eye Health & Safety Month
- Workplace Conflict Awareness Month
- World Habitat Awareness Month
- School Spirit Season

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. **Answers in next month's issue.**

Last Month's Medium answer

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

SUDO-KID-U 1

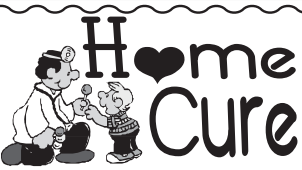
		3	1
2			
	1		2

SUDO-KID-U 01 Last month's Answers

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

SUDO-KID-U 02

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



Excess Sweating (Also Known As Hyperhidrosis)

Sweating is the natural way for the body to cool off. Sweat glands located in the dermis (the middle) layer of your skin produce liquid that is forced to the top of your skin as your body temperature rises. As this liquid (perspiration) evaporates from your skin's outer layer, your body cools off. Excessive sweating is caused by a number of factors including anxiety and caffeine intake. Because sweat is a necessary function, you should not try to eliminate sweating altogether.

- R**educe Caffeine intake
- D**rink a lot of Green Tea

Wear natural fabrics, such as cotton which will allow the perspiration to wick away from your body. Synthetic fabrics do not allow your skin to breathe and force the sweat to stay on your skin without evaporating.

Bathe regularly, using a loofah sponge to thoroughly scrub bacteria away from your body.

Thoroughly dry yourself off after bathing before dressing.

Drink lots of fluids, especially water.

Avoid spicy foods, such as curry and peppers.

Avoid sugar and alcohol

Eat foods rich in zinc (turkey, whole grains, nuts and legumes), which has been proven to reduce sweat odors.

Avoid odor producing foods like fish and garlic.

Drinking a glass of tomato juice (not V8) helps keep sweating at bay. Do this consistently for one week, and then you may reduce your intake into every other day the next week.

Mix two teaspoons of apple cider vinegar with two teaspoons of raw organic honey. Take on an empty stomach three times a day half an hour before eating or sleeping. Some people also like applying apple cider vinegar directly on their arm pits to eliminate body odor.

Cornstarch or Baking soda are natural alternatives to deodorant. Apply wherever you sweat profusely.

Activated Charcoal. While activated charcoal reduces sweating significantly, use caution. It works better on a empty stomach, however some people

experience stomach pains and even vomiting. If this happens to you, try taking it at midday or right before going to bed.

Mix one teaspoon of Liquid chlorophyll and a drop of sage fluid extract in a glass of juice

Soak cotton pads in baking soda and lemon juice and dab on your underarms.

Take 1/2 tea spoon Calamus Root powder 3 times a day before meals, with water.

Sage tea. Infuse 1 teaspoon of dried sage in a cup of boiling water (8.oz) for 15 minutes, Strain and drink tea 2-4 times a day.

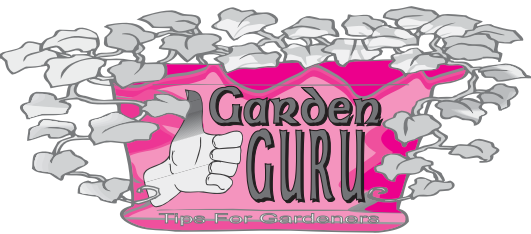
Take 30 to 50 mg of zinc per day.

For sweaty hands or feet, boil 5 regular tea bags in a quart of water for 5 minutes. After they cool soak hands or feet for 20-30 minutes at nights.

Slice a potato and rub it under your armpits.

Apply some lemon juice on underarms after you get out of the shower to prevent the body odor.

"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



Knock Out Roses

The Knock Out Rose is the most widely sold rose in North America. They are easy to grow and do not require special care. They are the most disease resistant rose on the market. They bloom about every five to six weeks and will continue until the first hard freeze. They are winter hearty and heat tolerant and thrive in almost every area of the

country. Johnson City and surrounding areas are in hardiness zone 7. There are seven members of the Knock Out Rose family and they can be purchased at garden retailers throughout the country.

Knock Out Roses are easy to plant.

1. Dig a hole twice the width and depth of the container, add potting soil to the hole.
2. Remove the rose from the container and water well before planting. Be sure to loosen the roots.

3. Place the rose in the center of the hole making sure the knobby part of the stem base is about 1" above the soil.
4. Back fill with soil, firming into place.
5. Water thoroughly around the base of the plant allowing it to soak in. Repeat as necessary.
6. Water as needed.

Knock Out Roses can fit any landscape plan. Have fun and enjoy their special beauty. **FPT**

When one breeds an angora rabbit with an Easter Bunny is that a cross hair?



Writing Papers With Struggling Learners – Keys to Success!

By: Lisa Baughn

This is "Part 2" in a series on teaching your children how to

write term papers. Part 1 was in the February issue of Family Pastime Magazine (you can read that online) you might want to read that before digging into Part 2!

What about children with learning glitches? How can a parent with a struggling learner ever teach their child to write? Teaching children who struggle is near and dear to my heart. Our daughter, Emily, has been diagnosed with the typical alphabet soup of learning disorders, from dyslexia to perceptual motor issues, learning to read fluently by 12. By high school, she was at grade level, and then suffered a brain injury in an auto accident. It took her almost 9 months to retrain her brain just to read and comprehend. Writing had been practically impossible throughout her early years, but we planned to remedy that in high school. Looking at the 4 years of high school as a whole, we had determined to really focus on writing, requiring 2 papers each year. The goal was for each paper to get progressively harder, adding skills with each one. The accident caused us to readjust that plan, tweaking it to fit what she could do post-injury. While teaching some of our children who struggle may seem impossible, I hope this encourages parents of struggling learners to embrace writing projects. By being our child's mentor and advocate, we can help them be successful in writing.

Keys to Success!

Pick a topic your child is crazy about, and that automatically solves half the battle. Children are going to research things they are interested in. This is especially good for reluctant writers and an excellent strategy for those first few papers and builds tremendous confidence. Work with your student's learning modalities. How do they learn best, by seeing, hearing, or doing. Incorporating their learning style into the process of writing a paper opens up the topic! You will pull more out of children this way. Incorporate photographs into the paper, if it will help them write. A picture of a mummy will be worth a 1000 words, and may inspire

them to write more. Invest in an inexpensive color printer so they can see their work. Build a portfolio of all the papers they write, into a special notebook for each student, so they can see and measure progress!

Mentor the Process!

Schedule mentoring sessions throughout the paper. Review their notes and work, check resources, encourage them, redirect gently if necessary, then cheer them on in these special coaching sessions. Keep things positive – children want to do well, they just don't necessarily know "how" and that is where the mentoring comes in. Figure it out together and always keep them moving toward the next step (see Part 1 for more on this). Mentoring is the single most important thing you can do! If your child struggles with the physical act of writing or typing, allow them to dictate it to you. Type it up exactly as they say it, mistakes and all. Set a time limit, allow them to dictate. Then go over it with them the next day, showing them mistakes and allowing them to correct their own work. There is something that knits their brain together in the physical act of speaking words, then seeing those same words on paper, without the incredible struggle some children have to get information out. This strengthens their ability to put thoughts together and eventually write their own paper. It proves to them that they can actually do it, and is a huge confidence booster. The goal is to allow them to transition into writing it all themselves. This took a year for Emily, who was healing from the trauma of the accident.

Making the Dreaded Topic Come Alive!

Since life is not always about our preferences, how do you turn a topic your child is not crazy about into a successful paper? Make it interesting! We were studying ancient history last year and Emily was working on her first, real term paper on ancient Egypt. In Atlanta, there was a King Tut exhibit, so we headed down. We spent half a day at the exhibit, walking through, taking notes, drawing sketches, compiling information for her paper. It was

fantastic to compare what she had been reading, to what the ancient Egyptian culture was actually like in the exhibit. So many things she did not understand came to light in the King Tut exhibit.

tie the subject into something they are passionate about. Emily has always been wary of the Egyptians and really did NOT want to write a paper about them. So I tied it into one of her passions, studying the Bible! King Tut lived life near the time of Moses and the Israelite slavery in Egypt. He grew up in a palace, adopted by Egyptians as a baby. The King Tut exhibit showed her the riches of ancient palace life, and gave her a taste of what Moses sacrificed to go wander 40 years in the wilderness. The Tut exhibit showed a similar culture to what Moses experienced in his youth. It made her want to know more about King Tut and the ancient Egyptians, since she wanted to understand the Bible better.

Often seeing leads to understanding. The King Tut exhibit brought Egypt alive. Bringing a topic "alive" is so important for anyone that struggles to write! It makes the topic easier to understand, and writing simply becomes describing. Emily said, "I found the exhibit very useful, being able to see with my own eyes the things I had been studying. To actually see it live, is worth more than a million words. Seeing it live will help you write about it!"

Between the research she had done, and the exhibit bringing everything alive, a lot of mentoring, and some dictation, she was able to pull together an excellent paper on Ancient Egypt. She attacked her next paper and was able master it largely on her own!

I hope that sharing Emily's very personal story will help inspire you to mentor all of your writers! **FPT**

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style. e-mail your comments, suggestions or questions to: homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com).

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.

NGEHRX HV GZUWRHRX DCQ FC FDWCQ
ECKWVZGN UF FDZ XWCKRT URT PHVV.

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

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Fun Family Events A P R I L

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, St. Stupid Day
- 2.** Good Friday
- 3.** Pony Express Day, Tangible Karma Day, Tweed Day
- 4.** Easter
- 5.** Deep Dish Pizza Day, White House Easter Egg Roll
JCPL Sit! Stay! READ!* 4-5 pm grade 1-5
Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 6.** CHRIS'S BIRTHDAY!!!! Tartan Day, Teflon Day
JCPL Two's Time* (Age 2) 10 am, Preschool Pals* (Age 3-5) 11 am
- 7.** ASPCA Day, Beaver Day, Metric System Day, Day of Hope, No Housework Day
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5)
- 8.** Buddha Day, National D.A.R.E. Day, One Day Without Shoes Day
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5), K-2 Story Stretchers* 4:00 pm(K-2)
- 9.** Cherish An Antique Day, Geographic Bee, Winston Churchill Day
- Jonesborough** 4th Annual Tartan Days Festival Scottish Ceilidh - Contra Dance More info: 423.753.4562
- 10.** Baby Massage Day, Every Day is Earth Day, Love Our Children Day, Sibling Day
Johnson City Doggie Easter Treat Seek Winged Deer Park Lakefront Festival Plaza 11 a.m.-2 p.m.
JCPL Chess with Ralph Roller 10 AM - NOON(K-5), Biling Storytime (Spn/Eng) 2 pm
Jonesborough 4th Annual Tartan Days Festival Kirkin' of the Tartans parade, Celtic music by the ETSU Celtic Band, sheep herding, Highland "Coos" Cows, games for kids by the US Army, Celtic Story, Scottish food and craft and Scottish Clans. More info: 423.753.4562
- Jonesborough Visitors Center** 6th Annual Old Glory Celebration 7 pm Free refreshments, door prizes, cake walk and silent auction. More info:

- Nancy 423.753.0090
- 11.** Barbershop Quartet Day, "Louie Louie" Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10 am (Age 2), Preschool Storytimes* 11 am (Age 3-5)
 - 12.** D.E.A.R. Day (aka Drop Everything And Read), Licorice Day, Walk on Your Wild Side Day
JCPL Sit! Stay! READ!* 4-5 pm grade 1-5
Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
 - 13.** Thomas Jefferson Day, Tax Freedom Day, Moment of Laughter Day
JCPL Two's Time (Age 2)* 10 am, Preschool Pals* (Age 3-5) 11 am, TEEN EVENT - Coffee House & Poetry Slam* 6 pm
 - 14.** Be Kind To Lawyers Day
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5)
 - 15.** Income Tax Pay Day, Get To Know Your Customers Day, Take a Wild Guess Day
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5)
 - 16.** Wear Your Pajamas To Work Day, Stress Awareness Day, High Five Day:
HANDS ON! 9:30 am - 11:00 am - Bio-Fuels Workshop * \$10.
 - 17.** Husband Appreciation Day, Blah! Blah! Blah! Day, Auctioneers Day, Teach Your Daughter to Volunteer Day
JCPL Sit! Stay! READ!* 2:00 - 3:00 pm
Tipton Haynes Springtime in Haynesville: 1860 - Step back in time to the spring of 1860 when the town was Haynesville and not **Johnson City**. 10-3 pm FREE
 - 18.** Pet Owners Independence Day
HANDS ON! 11- 5 pm 4th Annual Girl Scout Earth Day - Treasure! Feature Exhibit Closes
 - 19.** Hanging Out Day, Boston Marathon
JCPL Family Storytime 6:30 pm
 - 20.** **JCPL** Two's Time (Age 2)* 10 am, Preschool Pals* (Age 3-5) 11 am

- 21.** Kindergarten Day, Chocolate-covered Cashews Day
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5)
HANDS ON! 10:00 am - Farmer Jason Performs! - FREE*
- 22.** Earth Day, Jelly Bean Day, Take Our Daughters & Sons to Work Day
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5), **JCPL** MAKE ME LAUGH Program *(April is National Humor Month) (K- 5) 4 pm
- 23.** Talk Like Shakespeare Day
KINGSPORT Main Arts Center (DKA Gallery) Evening with the Arts is the opening night reception 7pm-11:30 pm, featuring original artwork by local artists.
- 24.** Astronomy Day, Bulldogs are Beautiful Day, Go Birding Day, Sense of Smell Day
- 25.** Mullet Toss Days, DNA Day, Pet Parent's Day, Red Hat Society Day
- 26.** Hug An Australian Day, Richter Scale Day, Marconi Day
JCPL Sit! Stay! READ! * 4-5 pm grade 1-5
Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 27.** National Teach Your Children To Save Day
JCPL Two's Time* (Age 2) 10 am, Preschool Pals* (Age 3-5) 11 am
- 28.** 31 Cent Scoop Night
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5)
- 29.** Dance Day, Poem in Your Pocket Day
Jonesborough Repertory Theatre "Moonlight and Magnolias" 04/29/10 - 05/01/10 8 pm - Thurs-Sat., Sun. 2 pm More info: 423.791.4440
JCPL Two's Company 10 am (Age 2), Preschool Storytimes 11 am (Age 3-5), EXPLORERS Program* 4 pm RECYCLING (K-5), TEEN PROGRAMS (6th-12th grade)
HANDS ON! 9:30 am - 11:00 am - Frog Dissection* Ages 9+, \$10
- 30.** Hairball Awareness Day, Honesty Day

*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **crypto clue: Y=E**

One-year Celebration Held at Niswonger Children's Hospital

By: James Watson



JOHNSON CITY, Tenn. – This March Niswonger Children's Hospital celebrated its 1st anniversary with music, a crowd and the unveiling of a new statue in the hospital's courtyard of namesake Scott Niswonger.

“O ver the past year, there has rarely been a week that has gone by when someone – a parent, a grandparent or a patient – hasn't stepped up to me and told me what kind of difference this place has made in their life,”

Niswonger said before the large crowd gathered inside the lobby of the hospital. The Greenville philanthropist said supporting the hospital and having it available to the 200,000 children in the four-state region it services helps him with his goal of ensuring children are able to learn and be successful.

“H ealthy kids can learn about anywhere, but what options will really sick kids have if they aren't well,” he said.

Niswonger Children's Hospital opened in March 2009 as the replacement facility for The Children's Hospital at Johnson City Medical Center, which dated back to 1992, when JCMC worked with East Tennessee State University to create the first hospital for children in the Northeast Tennessee/Southwest Virginia region.

Niswonger donated \$10 million to the construction, with a total of more than \$20 million being raised by Mountain States Foundation toward the total cost of nearly \$36 million.

“**A**s we look back to 1992, over the years, we've seen a huge amount of growth in our children's hospital,” said Dennis Vonderfecht, president and CEO of Mountain States Health Alliance, the parent company of Niswonger Children's Hospital. “There are a lot of exciting things here that make a difference to the children and parents of the region.”

One of those parents is Grace Ann Hance, whose 4-year-old son Henry has been undergoing treatment for cancer since he was 7 months old. Hance said that over the last year, Henry has practically taken

up residence at Niswonger Children's Hospital as part of his treatment, and she feels the facility has been a blessing during her son's illness.

“**I**t has changed our lives, and we are grateful for the work done here,” the mother said to the crowd. “We are so impressed with the attention to detail put into this hospital ... having all of the services available here meant that our family has been able to have our life together. That would not have happened had this hospital not been here and been available to us.”

Hance said through three surgeries and three rounds of chemotherapy, her son was able to have his sisters with him to keep him company. He's been able to have other family members regularly around during difficult times, and most importantly, a medical staff here locally who knew his needs.

“**E**very parent should know, on the day you need someone standing by when your child is in crisis, this hospital is here, and it is excellent,” the mother said.

With music provided by East Tennessee Children's



unaware that the statue was being created, said it and the entire facility for him represented “hope” for all those who came to hospital.

“**R**egardless of where you come from, who you are, or how much money you make or don't make, when you walk through that door, everyone is going

to receive the best health care that is possible for your child,”

Niswonger said. **About Mountain States Health Alliance:**

Mountain States Health Alliance, a not-for-profit healthcare organization based in Johnson City, Tenn., operates a family of hospitals serving a 29-county, four-state region (Northeast



Nikki and Scott Niswonger

Tennessee, Southwest Virginia, Southeastern Kentucky and Western North Carolina). Mountain States offers a large tertiary hospital, several community hospitals, two critical access hospitals, rehabilitation, a children's hospital, a behavioral health hospital, home care and hospice services as well as a comprehensive medical management corporation. Its 10,000 team members and associated physicians are committed to its mission of bringing loving care to health care. For more information, visit www.msha.com. **FPT**



Grace Ann Hance and son Henry Hance

FATHER KNOWS BEST

By Chris Joker

Easter Surprise



After everyone was finished finding eggs we took them out of our baskets and put them back in the carton.... they more than filled it. Let me repeat that, they MORE than filled it. We had dyed a dozen eggs and found 13. This was about the time we remembered that the previous year we had only found 11. Breakfast plans changed. We skipped the hard-boiled egg part and went straight to the chocolate part. This year I will write the date

on the eggs with a marker. Last year was also the year I decided to bring back the traditional ham Easter feast. I thought the easiest thing would be to buy a 3 pound canned ham. I followed the directions, preheated the oven to 325 and then we got on with our Easter day celebration. About an hour later we heard not really an explosion but more of a loud POP sound. Kind of like the sound a large balloon makes when you over inflate it. Or the sound a

large balloon would make when you over inflate it if it just happened to be made of METAL!!!! The POP was followed immediately by the smell of burning ham. I suppose if I could still READ the label on the can it would say "remove from can before baking". I always thought it was funny that the label on a frozen pizza says, heat before eating. I don't laugh at that instruction anymore. You do not forget the smell of ham burning directly on an oven heating element, you don't for about 2 months anyway. Needless to say we skipped the ham portion of our Easter feast and moved right on to the chocolate. **FPT**

Ah Early Spring, every year about this time the leaves start to come out, the flowers begin to bloom and, of course, the Easter egg trees start to bear their pastel colored plastic fruit. I always thought those plastic eggs the Easter bunny fills with treats were made in some factory in China but, alas, when I moved to East Tennessee I learned that they actually grow on trees. I don't even understand the whole plastic egg tied to the tree thing? Maybe people decorate with them because giant inflatable bunnies and eggs are not available yet wait, now that I think about it, Easter may actually be the holiday on which we can blame the giant inflatable holiday decorations craze. I remember growing up we always had inflatable Easter bunnies. They weren't giant, they were like 2 feet tall and they were always pink or blue. You inflated them through a little nozzle, not unlike an air mattress. The giant holiday inflatables nowadays you have to keep hooked to a blower 24/7 to keep them inflated. You may not know this, I didn't until several years ago when we decided to participate in a Christmas parade. I bought a giant inflatable Santa Clause to decorate the wagon we would pull in the parade. I discovered that to KEEP Santa inflated he had to be plugged in. I then had to purchase a car battery and a power inverter to keep us from having a scary sagging Santa. Remember when Easter egg hunts meant actually hunting for hidden eggs? They were real eggs then too not the plastic ones filled with candy and small toys. At community egg hunts nowadays the brightly colored plastic eggs aren't really hidden they are simply spread out on the ground and it's more of a rush to collect than a hunt. I always thought it would be fun to infiltrate the hunt with some eggs of my own you know eggs filled with things like, Vienna sausage, bottle caps, paper clips, coleslaw, sand and pickles. I haven't done it because it might traumatize an egg hunter but it would be amusing.

At my house we still boil a dozen eggs, dye them and leave them for the Easter bunny to hide. On Easter morning we have a real old-fashioned egg hunt followed by hard-boiled eggs and chocolate for breakfast. Last year after an hour of hunting (the Easter Bunny is a REALLY good hider at my house) we found all the eggs.


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Put Your Tax Refund To Work

It's Tax Refund Season

again. This year, if you're going to get a check from your Uncle Sam, why not put it to work to help you meet your financial goals?

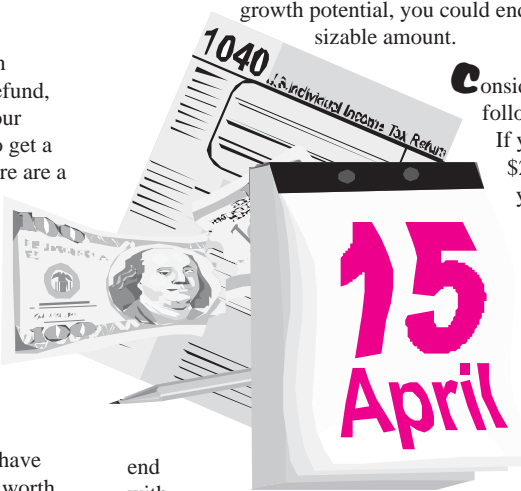
Last year, the average tax refund was more than \$2,700, according to the IRS. The size of your refund, or whether you will get one at all, depends on your individual circumstances. But if you are going to get a refund, plan ahead for what you'll do with it. Here are a few possibilities:

Pay down some debts. In these difficult economic times, you may be carrying a higher debt load than usual. If so, you may want to use some of your refund to pay down some of these debts. The lower your debt payments, the better your cash flow and the more money you'll have to invest for the future.

Build an emergency fund. If you don't already have an emergency fund containing six to 12 months' worth of living expenses, you could use your tax refund to start one. Without such a fund, you may find yourself constantly dipping into your long-term investments to pay for unexpected costs, such as a new furnace or an expensive car repair. Keep your emergency fund in a liquid account — one that you don't draw on for your day-to-day expenses.

Help fund your IRA. In 2010, you can put in up to

\$5,000 to your IRA. Consequently, if you received a \$2,700 refund, you'd have more than half of what you need to fully fund your IRA for the year. (If you're 50 or older, however, you can contribute up to \$6,000 per year.) You might not think that your \$2,700 would make much of a difference in the long run. But by investing your refund and giving it many years of growth potential, you could end up with a sizable amount.



Consider the following: If you put \$2,700 in your IRA, and you earned, on average, seven percent a year for 30 years, you'd end up about

end with \$20,000, even if you never invested another dime. If you put \$2,700 every year in that same IRA, again earning an average seven percent annual return, you'd end up with more than \$270,000 after thirty years. (These examples are hypothetical illustrations and do not represent any currently available investments.)

You'd eventually have to pay taxes on your

earnings, typically when you make withdrawals at retirement. And if you qualified for a Roth IRA, you'd never have to pay taxes on your earnings, as long as you had your account for at least five years and didn't start taking withdrawals until you were at least 59-1/2.

Contribute to a Section 529 plan. If you have children or grandchildren, you may want to establish Section 529 plans to help them pay for college. You can contribute virtually any amount, and the earnings grow tax-free, provided the money is used for higher education expenses. (Withdrawals used for expenses other than qualified education expenses may be subject to federal, state and penalty taxes. Contributions are tax-deductible in certain states for residents who participate in their own state's plan. Please note that a 529 college savings plan could impact a beneficiary's ability to qualify for financial aid.)

You may be tempted to spend your tax refund on things you want today — but, with a little planning, you can use it for things you need tomorrow. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

SUDOKU HARD Instructions: page 2

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Sudoku Really Hard Instructions: On page 2

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Sudoku last month's Really Hard answer

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

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Tom Sawyer Comes To Kingsport For The "Big Read"

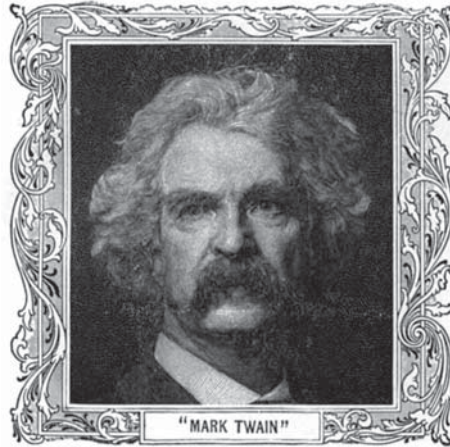


In June 2009 the Cultural Arts Division of the City of Kingsport was awarded a grant from the National Endowment of the Arts Big Read program. The Big Read is an initiative of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services

and Arts Midwest. The Big Read seeks to encourage reluctant and lapsed readers back into the world of literature with a program that ties cultural activities to the community's reading of one book. Kingsport's Big Read will focus on *The Adventures of Tom Sawyer* by Mark Twain. "Selecting the book was fairly easy this year, because we had the help advice of middle school librarian Krystal McReynolds as well as the efforts of the Kingsport Theatre Guild to guide us," said Bonnie Macdonald, cultural arts administrator with the City of Kingsport. "The story of Tom Sawyer, is very familiar and appeals to readers of all ages. In Kingsport we have a river and even a flat boat. There are so many potential tie-ins for promoting the reading of the book. We are very excited about our first Big Read."

On April 1 the Mayor of Kingsport kicked-off the Big Read with a proclamation declaring April a Month of Tomfoolery. The Kingsport Senior Center and Cultural Arts Office offered continuous playing of film versions of *The Adventures of Tom Sawyer* in the Renaissance Center Theatre. The Senior Center also held a checker's contest and the Kingsport Public Art Committee hosted a white washing of 'Tom's Fence'. Over 80 feet of fence was white washed on the lawn of the Renaissance Center. After a fresh coat of paint the sections of the fence will travel all over the city to various events and schools for artists of Kingsport to 'sign on' to the Big Read.

Other highlights of the April Big Read are sure to include the new contemporary choreography of Erika Ballard for the Kingsport Ballet. The music is upbeat and playful, and the characters fully embrace the saucy nature of Tom and his friends. The piece illustrates a



scene where the show-off boys encounter a group of proper girls and proceed to make themselves known to them. Tom Sawyer is set in the antebellum era along the Mississippi, and the dance aims to embody this period of time while exploring contemporary ballet: old fashioned charm meets present day movement.

Netherland Inn and Exchange Place will both host their opening days for tours and events as part of the Big Read and Bays Mountain Park will offer free admission, barge rides and fishing for children if dressed as a Tom Sawyer character or if you bring your book.

April 20 - 25 will be an important week for the Big Read as the author Mark Twain - in the person of Kurt Sutton - will grace many a Kingsport event. On Tuesday, 4/20 you will find Mark Twain holding court under the influence of barbecue at the Bone Fire Smokehouse. Join other diners in an informal discussion of all things Twain. Twain will join the Kingsport Theatre Guild during the week as the narrator for KTG's production *The Adventures of Tom Sawyer* which has several different show times and is open both for school performances and public performances. Friends of the Library will host their annual meeting on Thursday April 22 with the noted author who plays a banjo and is known to sing a song or two. The Kingsport Town Center and Boys and Girls Club will also host Mark Twain who will end his week in Kingsport with a Brown Bag Picnic Lunch at Bays Mountain. **FPT**

CHILDREN'S POETRY CORNER

New Memories

By: Rachel Phipps, 9th Grade

Old Photos scattered across the floor
Memories spread throughout the years, ready to
make more.

Haven't seen him for years

All those wasted tears.

This girl, my best friend,

Sisters till the very end.

All the fun that we've had;

The stupid things we did to make people mad.

Well this is a new memory.

Taken just last week, this picture of you and me.

Arms wrapped around your waist as we pause on
the stairs;

Kids going by with giggles and stares.

At half a foot taller, you tower above my head.

As the flash clicks, my pink face turns red.

I smile at the picture, thinking of the way you
make my life so bright,

With you, everything feels right.

It hasn't been long that we've been together,

Yet I'm hoping it will last forever.

I'm trying so hard not to say

What I think and feel throughout the day.

You could never guess what you mean to me,

Just look in my eyes, and then maybe you'll see.



Basic Considerations When Choosing A New Puppy

Before actually adding a new puppy to your home you should consider what your expectations of dog ownership are. All dogs require love, food and shelter, but puppies need more commitment from their owners than adult dogs. Puppies are more time demanding because they are essentially babies. They have to be taught how to behave appropriately and they go through various stages as they grow. Most puppies go through a chewing phase and at some points in growing up they are very energetic.



If there are children in the home extra supervision will be required. This is to protect both the child and the puppy. Puppies love to play and their little teeth are very sharp. They can also easily scratch little ones with their claws during play.

Similarly, children are drawn to small animals. They are very likely to hold them and carry them around. Many puppies have been squeezed, dropped or stepped on and injured inadvertently by well intentioned children. Obviously you will have to be diligent in watching over the two when they're together. Most breeders of small or toy breeds do not sale their puppies to homes with young children because of these risks. If you do have a child in your home insure that the puppy you add is one with a gentle disposition and loving personality.

Many people want a dog as a means of security or protection. They are looking for a sort of living alarm system, a dog that will bark when someone approaches the yard or the door. The good news is that almost any dog can fill this need. The fact is that even the bark of a toy poodle is usually effective in turning away an intruder. Of course some people want to go a step farther with that concept and have a dog that presents the physical appearance of a watch dog. In this case people often choose larger breeds such as Doberman Pinchers or Boxers. Most dogs are protective of their owners and their territory without having any specialized training.

The sheer size and appearance of larger dogs is a deterrent to most would be intruders.

Dogs are naturally pack animals which makes them a social animal. They love their human family and want to be a part of it. Dogs make excellent companions. Dogs should be included as a part of the family whenever possible. They truly need the interaction and love of their family.

Dogs should not spend their time all alone, living in the back yard. This is especially true of puppies. The younger the pup the more supervision and regular training he needs. Socialization is

important for all dogs. In fact, it is the secret to a well behaved dog.

Before you add a new puppy to your home it is

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important to take the time to consider what type of dog will best suit your lifestyle. If you are the type of person that enjoys sports and the outdoors then an energetic dog may be perfect for you. If you spend a lot of time at the computer you may prefer a small lap dog. And if you live in the city you may want to consider a small dog that does not require a deal of space. **FPT**

SUDOKU Medium

Instructions on page 2

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Family Pastime Magazine
 Last Month's Answer

Take Time For Yourself: Tips For Caregivers

Many baby boomers are “sandwiched” between raising children, having careers and caring for aging parents or grandparents.

(NAPS)—A growing number of Americans are being called on to be a caregiver. A 2009 National Alliance

for Caregiving study says 67.1 million people—31 percent of all households—are caregivers, providing on average 20 hours of care per week.

While many family caregivers don’t receive financial compensation for their efforts, that doesn’t mean their services are without cost. Being a caregiver can affect income, advancement and retirement benefits. Plus, employees caring for an older relative often have more health problems themselves.

ARAG, a global leader of legal insurance, offers the following tips for caregivers:

- Take care of yourself. Get enough rest, eat properly and exercise.
- Don’t try to do it all. Share caregiving duties with family members or friends who are willing to help.
- Take some time for yourself—read a book, go out to dinner, spend an evening with friends, engage in a hobby or activity that helps renew your spirit.
- Join a support group of people with similar interests or concerns about the caregiving experience. Many helpful resources are available online or through agencies and organizations.
- Be sensitive to signs of stress or fatigue, such as changes in personal habits or use of alcohol or prescription/nonprescription medications.
- Listen to family and friends who have your best interest at heart if they express

concern. Check with a medical or mental health professional.

- Protect yourself and your loved ones. Discuss and plan for family, health, home or other financial or legal concerns. An ARAG-Russell Research study, “Legal Needs of Today’s Multi-Generational Workforce,” reported that caring for an aging family member is one of the 10 legal-related events most often experienced by Americans.
- Don’t be afraid to speak to your employer about your caregiver obligations and find out if support services such as an employee assistance program or a legal plan are available to address caregiving and legal-related needs.

For example, ARAG Caregiving Services can provide legal plan members with advice and consultation for elder law concerns, annual legal checkups to address legal needs, and online tools and resources, as well as caregiving support services to assess needs, develop plans and provide information, ratings and reports on caregiving facilities.

To learn more, visit www.ARAGgroup.com.
FPT

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Baked Toad in the Hole

SUPPLIES:

- 4 ciabatta, sourdough or French rolls, medium to large size
- 2 TBS olive oil
- 4 slices of bacon, cooked until crispy
- 4 TBS grated Parmesan cheese
- 4 large eggs
- 2 TBS chopped fresh herbs (parsley, rosemary or thyme)

HOW TO:

1. Preheat oven to low broil, allowing the heat source to be at least 5 to 6 inches away from the nearest rack
2. Cut the top fourth off of the rolls (Save the cut tops)
3. Hollow out bread, making sure not to break through the bottom
4. Cut bacon in half and line bottom of hollowed-out rolls with 2 half slices
5. Place on baking sheet
6. Crack egg into a small cup and slide it into the roll
7. Sprinkle with salt and pepper
8. Brush the reserved cut tops with olive oil and place on the baking sheet
9. Place under broiler for 5 minutes ---Watch to make sure the rolls are not burning (tent with foil if they start to get too brown)
10. Remove baking sheet and sprinkle the Parmesan and parsley on top of each egg
11. Return to broiler until cheese begins to melt, about 1 to 2 minutes
12. Remove and serve immediately with the toasted roll top to sop up the egg yolk.

Kid Friendly Recipes



Grilled Chicken and Mango Kabobs

SUPPLIES:

- 1 tsp grated lime rind
- 1/4 cup lime juice
- 2 TBS vegetable oil
- 3 cloves garlic, minced
- 2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 3 boneless skinless chicken breasts, 1 lb total
- 2 tsp liquid honey
- 2 mangoes
- 1 sweet red pepper
- 1 small red or sweet onion, cut into 1-inch chunks

HOW TO:

1. In small bowl, whisk together lime rind and juice, oil, garlic, chili powder, salt and cayenne pepper.
2. Cut chicken into 1-inch cubes; place in separate bowl.
3. Pour half of the marinade over top and toss to coat; let stand for 20 minutes.
4. Stir honey into remaining marinade; set aside. (Make-ahead: Cover and refrigerate separately for up to 4 hours.)
5. Meanwhile, cut off mango flesh from each side of pit. Cut grid pattern of 3/4-inch squares in flesh of each side down to (but not through) skin. Gently push skin to turn inside out; cut off flesh. Chop any flesh left on pit.
6. Core, seed and cut red pepper into 3/4-inch pieces. Onto each of 4 long or 8 short skewers, alternately thread mango and red pepper pieces; brush with half of the reserved honey marinade.
7. Alternately thread chicken and 2 or 3 onion pieces onto each of 4 more long or 8 short skewers. Discard marinade used for chicken.
8. Place kabobs on greased grill over medium-high heat; close lid and grill, turning and basting chicken once with remaining honey marinade until fruit is softened and chicken is no longer pink inside, about 8 minutes.

Healthy-er Mac n' Cheese

SUPPLIES:

- 2 C whole wheat elbow macaroni
- 1 1/2 TBS unsalted butter
- 2 TBS all-purpose flour
- 1 1/2 C skim milk, warmed for 1 minute in the microwave, or heated on stove
- 8 oz. low-fat sharp cheddar cheese, shredded (about 2 1/4 C)
- 2 tsp Worcestershire sauce
- 1/4 tsp salt

HOW TO:

1. Cook elbow macaroni until it is al dente, see package for al dente directions.
2. While the pasta is cooking, melt butter in a large saucepan over medium heat.
3. Whisk in milk.
4. Whisk in flour.
5. Whisk until mixture is well combined.
6. Bring mixture to a steady simmer, whisking constantly.
7. Keep whisking until thickened, about 2 minutes.
8. Drain pasta in a colander.
9. Remove sauce from heat, add cheese, and stir until the cheese melts.
10. Immediately add hot, drained pasta and stir until well-coated.
11. Stir in Worcestershire sauce and salt.

Grilled Turkey Burgers

SUPPLIES:

- 1 LBS ground turkey
- 1 packet dry onion soup mix
- 1/2 C water
- 1/2 tsp salt
- 1/2 tsp ground black pepper

HOW TO:

1. Preheat a grill to high heat.
2. In a large bowl, combine the ground turkey, soup mix, and water.
3. Season with salt and pepper.
4. Mix lightly using your hands, and form into 4 patties.
5. Lightly oil grill grate.
6. Grill patties 5 to 10 minutes per side, until well done.

Tortilla Chip Salad

You know when you get to the bottom of a chip bag and you want to dip a chip in salsa but they are all crumbs, so you can't. That is how I came up with this. I had a couple of bags of nothing but crumbs so I poured them into a bowl, poured salsa on them, stirred them up and ate them with a fork. Yum. I suppose you could add lettuce if you wanted.

Q. What do Easter Bunny helpers get for making a basket?
A. Two points, just like anyone else.

SUDOKU-EASY

Instructions:
On page 2

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LADYBUGS

By: Georgia Teich

The scientific name for

ladybugs is Coccinellidae this is a family name for beetles or "little red sphere". Not all ladybugs are ladies, they are both male and female. They are small insects ranging in size from 0.04 to 0.4 inches. They may be yellow, orange or scarlet with small black spots on their wing cover, with black legs, head and antenna. Like all insects ladybugs have 6 jointed legs their exoskeleton is made of chitin, a strong protein similar to the one that forms hair and fingernails on us. Their spots tend to fade as they grow older.

Ladybugs are found worldwide with more than 450 native to North America. They are generally

considered useful insects because they feed on aphids or scale insects. By the end of a life span of usually a year they may eat 5,000 aphids. The Mall of America releases thousands of ladybugs into the indoor park as a natural means of pest control for its gardens.

Ladybug's distinctive spots and attractive colors are meant to make them unappealing to predators. They can secrete a chemical from the joints in their legs which gives them a foul odor and taste. Their coloring is likely a reminder to any animal that has tried to eat them before that "I taste awful". A threatened ladybug



may play dead and or secret the awful tasting/smelling substance to protect itself.

Ladybugs can be found in gardens, trees, flowers and they can also infest homes. Around the world they are considered "good luck". So if you find one consider yourself lucky! Good things are coming your way!

In England, ladybugs are called ladybirds. Perhaps you've heard this nursery rhyme:
*Ladybird, ladybird fly away home,
 Your house is on fire and your children are gone,
 All except one,
 And her name is Ann,
 And she hid under the baking pan.*

The nursery rhyme started from the practice of farmers burning certain fields after harvest. They wanted the ladybugs to fly away so that they could be safe and return to eat more insects. **FPT**



Egg On Your Face

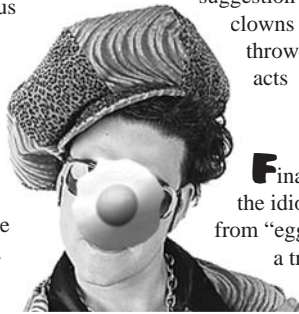
MEANING:

It often implies that you have made a serious mistake, but more strictly

throwing raw eggs at a performer that they didn't like on the stage this, of course would cause the performer to get very embarrassed. A similar origin suggestion is that it may come from when clowns are at a circus and they have eggs thrown at them because of their goofy acts

mustache.

Yet another source claims it may have come from audiences throwing raw eggs at a performer that they didn't like on the stage this, of course would cause the performer to get very embarrassed. A similar origin suggestion is that it may come from when clowns are at a circus and they have eggs thrown at them because of their goofy acts



Finally it has been suggested that the idiom "egg on your face may derive from "egg-sucking dogs" "Occasionally, a trusted, working farm dog would develop the bad habit of taking eggs from nests and eating them, turning himself from an asset into a liability." There are several examples of the term, including this from Glengarry School Days by Ralph Connor, dated 1902: "His chief business was the doing away with dogs of ill-repute in the country; vicious dogs, sheep-killing dogs, egg-sucking dogs, were committed to Alan's dread custody, and often he would be seen leading off his wretched victims to his den in the woods, whence they never returned." And in Nan Sherwood at Pine Camp, by Annie Roe Carr (of about 1919): "He's a miserable, fox-faced scoundrel, and I've no more use

it indicates that something you have done (or some turn of events) has left you looking extremely embarrassed or foolish. It means to be embarrassed or chagrined at something one has done or the way one did it; to do something ineptly. To be extremely embarrassed. Usually the embarrassment is the result of one's own actions.

ORIGIN:

It seems as though it is one of those expressions that has been around for ever, but evidence suggests that it is an American expression from the middle of the last century one source puts its first known appearance in the American television series 'Front Page Detective starring Edmund Lowe about 1951

Another suggestion claims the origin is from the embarrassment suffered if the yellow yoke is on ones lips or beard after eating a soft boiled egg in one of those egg cups, a favorite breakfast of the upper crust... Yellow egg shows up especially well on a beard or

for him than I have for an egg-sucking dog." So it is just possible that the expression might be a figurative extension from that of a dog found with egg around its muzzle. **FPT**

SUDO-KID-U 2
 Instructions: On page 2

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Last month's HARD answer

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6	1	3	4	7	9	8	2	5



Helping Pet Owners And Pets "Go Green"

(NewsUSA) - You've switched from incandescent bulbs to low-wattage LEDs. You drive a hybrid and bring

your own bags to the grocery store. You care about greenhouse gases and your carbon footprint, but what about your pet's carbon pawprint? Is your pet living a green, eco-friendly life? With just a few simple changes, you can make sure that your pet's living green, too.

Waste Management:

Anyone who has ever had a pet knows that they create lots of waste. It is estimated that 10 million tons of waste from pets fill landfills yearly. What can you do?



If you have a cat, switch from a clay-based litter to a biodegradable litter, like World's Best Cat Litter (www.worldsbestcatlitter.com). Not only will you be using a chemical-free, all-

natural and flushable litter, but by switching to a biodegradable litter, you can cut down on the estimated 2 million tons of clay litter that end up in landfills per year.

Give a Hoot, Don't Pollute. Always pick up after your pet and follow the backpacker's motto of leaving only footprints. Leaving your pet's waste behind is not only rude, it can pollute water sources when washed into the

storm drains that empty into streams and lakes.

Buy Green:

Purchase pet beds, furniture and toys made from recycled or sustainable materials such as hemp. Environmentally friendly hemp can be used to make

How Strong is an Eggshell?

Eggshells are fragile. Everyone knows that. Drop an egg on the floor, or knock it against a sharp edge (like a frying pan) and that is it – eggshell, white and yolk everywhere. But how can an eggshell possible protect a growing chick?

Why do Eggshells Need to be Strong?

Birds incubate or sit on eggs to provide heat, so as to promote embryonic development and the hatching of their young. Eggshells need to be strong to stop the

growing chick from being squashed by the adult bird. The shell also protects the chick from infection, but allows it to get oxygen and get rid of carbon dioxide. The eggshell is made of protein and calcium and is lined with a membrane.

How Strong is the Shell?

Last month's Easy Answer

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

Eggshells are actually really strong, but only in one direction. How many books can eggshells support?

Put four bottle caps on the table (with lots of newspaper underneath) and balance whole eggs (raw or hard-boiled), small end down, in the bottle caps. Carefully put a wooden board on top of the eggs, and then slowly pile books on top until the eggshells break and then weigh the books. Try it with eggs balanced on their side – do these support the same number of books?

Eggshells are so strong because of their dome shape. Domes distribute the weight at the top to all parts of the eggshell (or building). Bridge arches work in a similar way

How Strong is the Inner Membrane?

Put a whole egg in a bowl, cover it with vinegar and see what happens. After five or ten minutes, bubbles of gas should start to form on the eggshell. If left over night, the vinegar should dissolve the whole of the eggshell, leaving just the egg

almost everything, like leashes, collars, beds and toys.

Buy in Bulk. Buying pet food and pet supplies in bulk not only saves money, it also conserves fuel and lowers emissions by saving you extra trips to the store.

Don't Support Pet Overpopulation. Make sure your pet isn't adding to the pet over-population problem, by having your pets spayed or neutered.

Adopt. If you are thinking about adding to your family, think about getting a pet from the shelter. There are tons of "recycled pets" in need of good homes. While adopting one of these deserving pets may not lower emissions or save fuel, it can save a life.

By adopting these tips, you and your pet can live green and make the planet a better place. **FPT**

membrane. Rubber solution (used for mending punctures) will protect the shell from the vinegar, so try writing names or drawing pictures on the eggshell.

The acid in the vinegar reacts with and dissolves the hard calcium carbonate in the shell, releasing carbon dioxide gas and leaving the inner membrane, which is strong enough to hold the contents of the egg without the shell.

Chickens may lay eggs with very thin or no shells when they are very young or if they are not getting enough calcium. Chickens can also lay odd-shaped eggs, double-yolked eggs or eggs without a yolk, and, very rarely, an egg inside an egg.

Not all eggs have hard shells – amphibians, for example frogs and toads, lay eggs with no eggshell, and reptiles, such as snakes and tortoises, lay eggs with a leathery eggshell. **FPT**

Courtesy of www.scienceprojectideas.co.uk

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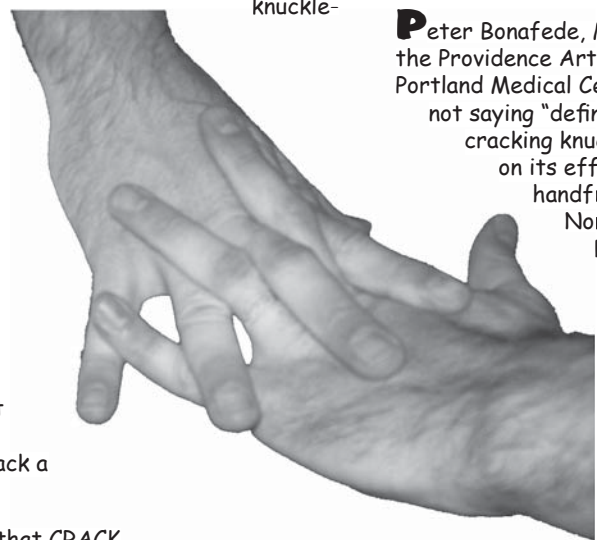
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YUCKY NEWS

Cracking or popping your knuckles or joints in general is moving joints to produce a sharp cracking or popping sound. The most common form of this occurs during deliberate cracking. It is possible to crack many other joints, such as those between the back and neck vertebrae, hips, wrists, elbows, shoulders, toes, knees, jaws, and the Achilles tendon area.



What is it that actually happens when you pop/crack a joint?

Joints produce that CRACK when bubbles burst in the fluid surrounding the joint. Sounds hard to believe but think of the fluid not as a low viscous fluid such as water but as a high viscous fluid like honey or silly putty. Did you ever trap an air bubble in silly putty and then pop it? That's kind of like how you get the popping sound when you crack or pop a joint.

All of our body's joints are surrounded by synovial fluid, a thick, clear liquid made mostly of carbon dioxide and some nitrogen. When you stretch or bend your finger to pop the knuckle, you're causing the bones of the joint to pull apart. As they do, the connective tissue capsule that surrounds the joint is stretched. By stretching this capsule, you increase its volume. As the pressure of the synovial fluid drops, gases dissolved in the fluid become less soluble, forming bubbles through a process called cavitation. When the joint is stretched far enough, the pressure in the capsule drops so low that these bubbles pop, producing the cracking sound.

some evidence that excessive knuckle cracking could cause a loss of grip strength or swelling around the joints. When you crack your knuckles, or any other body joint for that matter, you are subjecting the tendons and bones to unnatural pressure. Over a long period of time, body tissues do not recover from such manipulations as they once did. This can create the same types of joint pain as professional athletes

Knuckle Cracking

By: I.M. Yuckee

It takes about 25 to 30 minutes for the gas to redissolve into the joint fluid. During this period of time, your knuckles won't crack. Once the gas is redissolved, cavitation is once again possible, and you can start popping your knuckles again.

Does Knuckle Cracking Lead to Arthritis?

Peter Bonafede, M.D., medical director of the Providence Arthritis Center at Providence Portland Medical Center Says, Likely not. I'm not saying "definitely no" because, while cracking knuckles is common, research on its effects is not. We have only a handful of studies on the subject. None shows a definite link between knuckle cracking and arthritis. Although medical studies did not prove a link between knuckle cracking and arthritis, there was

experience after throwing a football or pitching a baseball for years. **FPT**

SUPER SUDOKU Answer from last month

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

MESSAGE

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To. . Business Owners

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From. . Family Pastime Magazine

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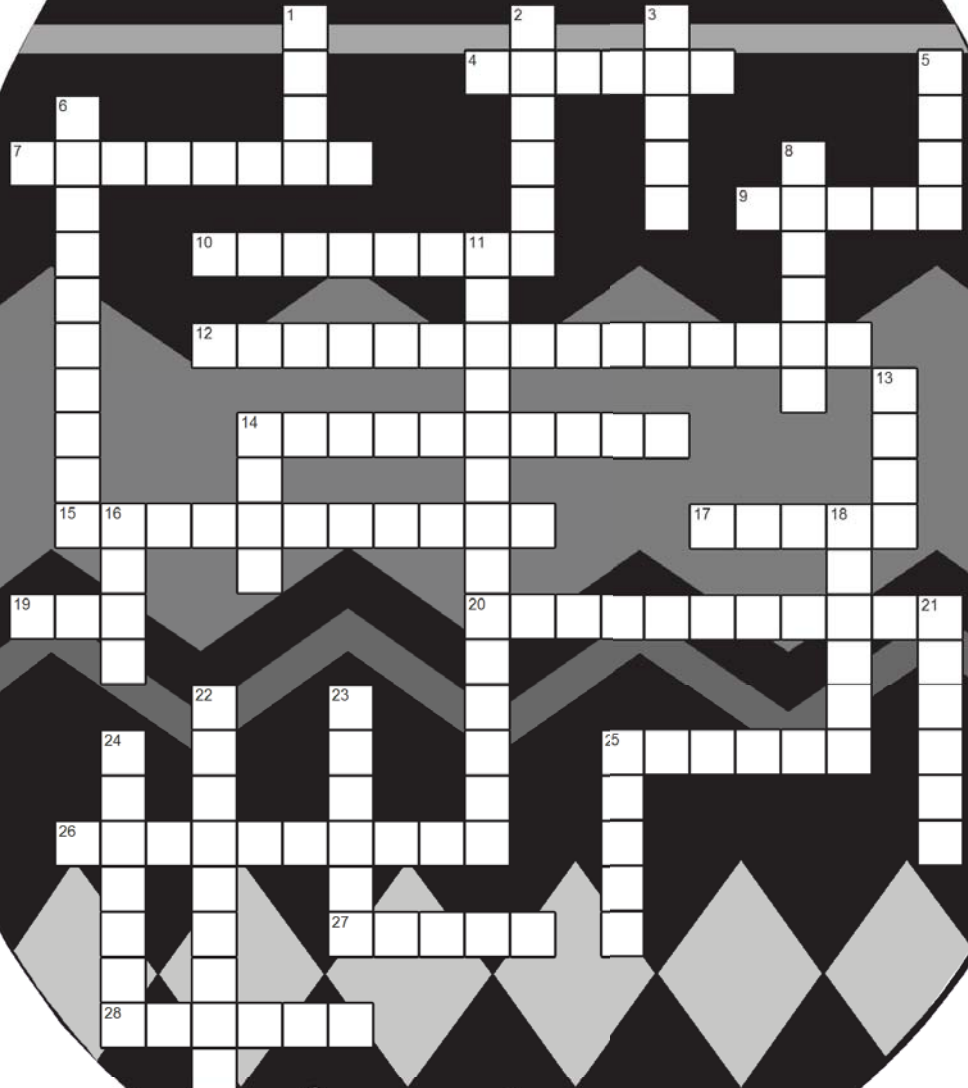
Telephoned	<input checked="" type="checkbox"/>	Please Call	<input checked="" type="checkbox"/>
Reaches your potential customers	<input checked="" type="checkbox"/>	Has great rates	<input checked="" type="checkbox"/>
Wants to see you	<input checked="" type="checkbox"/>	Has an opportunity for you	<input checked="" type="checkbox"/>

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Operator. *Chris Joker* **URGENT**

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Family Pastime



Answers in next month's issue

Across

- 4. Jesus rose on this day
7. Everybody gets a pair
9. This is a kite day
10. Black jelly beans
12. 'Here he comes ... hopping down the bunny trail.'
14. How are eggs cooked before hiding?
15. School's out
17. Perennials
19. A way to color eggs
20. He brings treats for children on Easter
25. The Easter Bunny carries eggs in this.
26. What we call the day Jesus was crucified
27. You find this in the bottom of your basket
28. On what day of the week does Easter always fall?

Down

- 1. Rhymes with flight
2. Nobody likes it if it rains on this
3. Plant these
5. Traditional Easter flower
6. Small colorful legume shaped candy
8. Lunch on a sunny day
11. Hollow ones are good but solid ones are better
13. Decorate these for Easter
14. What you do to find eggs
16. Yellow, marshmallow chick
18. Special Easter hat
21. The color of your Easter dress
22. An outside hobby
23. The season of Easter
24. 'April showers bring May ...'
25. Orlando ...

HELP WANTED

If you are interested earning a little extra money or in a full time position, Family Pastime Magazine is looking for you!

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Mail your cover letter and resume' to:

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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



E G G S - P E R I M E N T S

Egg Stink Bomb

SUPPLIES:

- Small mixing bowl
- Spoon
- 1 egg
- A 1/2 cup clear plastic disposable
- Container with lid, or zip-lock sandwich bag
- Adult helper

HOW TO:

1. Crack egg into bowl
2. Use spoon to mix it well.
3. Dispose of shell.
4. Pour egg mixture into small container or zip-lock bag and seal tightly.
5. Set sealed mixture in a sunny spot and leave it there for a day or two.
6. You can do "smell checks" every now and then to see how your egg is progressing. Just lift the lid or open the bag and take a whiff (but DON'T TOUCH)! If the egg isn't "done" yet, re-cover or reseal and let it sit awhile longer.
7. The egg is "done" whenever you decide it's done, but the longer you leave the egg in the sun, the more disgusting your results will be. Note: An unbroken egg left in the sun for a few days can achieve the same reeking results. Just make sure that when you break the sun-ripened egg, you do it somewhere far away from anywhere your nose (or anyone else's nose) usually goes, because it's going to smell really bad.

WHY IS THIS?

Eggs contain sulfides - smelly compounds that are a mixture of sulfur, metals, and other organic elements. The sulfides don't smell bad when the egg is fresh, but when the egg rots, the sulfides are released as stinky gases. This rotting process of organic matter is also called putrefaction.

EGG TEETH

SUPPLIES:

- 1 cup of soda
- Drinking glass or open jar (clean jelly, olive, or pickle jars work)
- White shelled egg
- Old toothbrush
- Fluoride toothpaste
- Clock or timer
- Adult helper

HOW TO:

1. Place an egg in the glass or jar filled with soda. (Make sure you notice the color of the egg before you put it in the soda.)
2. Leave the egg for 30 minutes to an hour.
3. Remove the egg and notice the brown color which covers the egg.
4. Use a toothbrush and toothpaste to brush the egg back to its original color.

WHY IS THIS?

The sugar in the soda combines with bacteria in your mouth to form acid. This acid, along with the extra acid (in the soda as well), attacks the teeth. Over time, these acid attacks weaken tooth enamel, the hard outer covering of your teeth, causing discoloration of your teeth as well as holes in your teeth (cavities). The fluoride treatment (your toothpaste) protects the egg's shell from the acid. Your teeth need to be protected from the acids in your mouth with fluoride too. In order to keep your teeth healthy, you need to keep them clean by brushing with a toothpaste which contains fluoride... and floss your teeth regularly too!

EGG IN A BOTTLE

SUPPLIES:

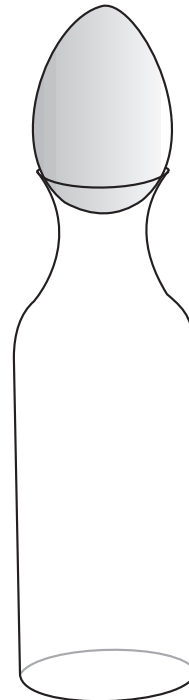
- 1 hard-boiled egg
- 1 bottle or jar with the mouth just a little too small for the egg to fall inside
- Small saucepan or pot
- Water
- Oven mitt or potholder
- Clock or timer
- Adult helper

HOW TO:

1. Hard-boil a large egg and peel it.
2. Turn on the hot water tap and let it run until the water gets very hot.
3. Carefully fill the jar or have your adult help re-fill the jar with HOT water
4. Let the water sit in the jar for 3-4 minutes.
5. Carefully pour the hot water into the sink.
6. Very quickly, place the egg on top of the container.
7. The egg will quickly be sucked into the jar.
8. If you have not built up enough heat in the bottle this will not work. You can have an adult light a small piece of paper on fire and stuff it into the bottle, then put the egg on top.

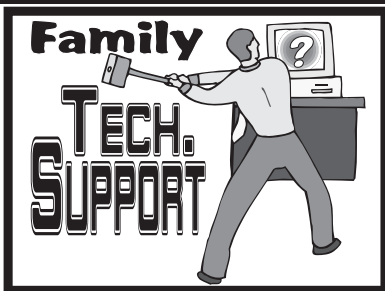
WHY IS THIS?

Hot air takes up more space than cool air. The air inside the jar was hot. When the egg was placed on top of the jar, it kept any outside air from getting into it. As the air inside the jug cooled, it took up less space. The pressure inside the container dropped. Since there was more air pressure pushing down on the egg than pushing against it, the outside air forced the egg to be sucked into the jar. Want to get the egg out of the bottle? Turn the jar upside down to allow the egg to roll back to the neck of the jar, then put your mouth around the opening and blow into the bottle. Air will go in around the egg and into the jar - thus increasing air pressure in the bottle. This will cause the egg to pop back out! **FPT**



Q: What do you call a duck that just doesn't fit in?
A: Mallardjusted.

Q: Why are people always tired in April?
A: Because they just finished a march



Tips For Using Your iPhone For Business



- Extend your battery power. If you are gearing up for a long trip or meeting, preserve your battery life by shutting off your Wi-Fi, lowering your screen brightness and turning off your keyboard sounds. Switch your iPhone setting to auto-lock when you aren't working.
- Stay secure. Basic security measures like enabling your four-digit iPhone password can help protect sensitive data while minimizing the risk of high bills if it becomes lost or stolen.

Always make sure to lock your device when it isn't in your hand.

• For more tips on using your iPhone for business, check out "iPhone for Work" by freelance technology journalist and network consultant Ryan Faas, or "The iPhone Book: How to Do the Most Important, Useful & Fun Stuff with Your iPhone" by technology authors Scott Kelby and Terry White. **FPT**

(NewsUSA) - The Apple iPhone, one of the hottest smartphones on the market, has become an important tool for keeping mobile workers productive while providing freedom and flexibility away from the office.

Many mobile workers are leaving their laptops behind and conducting business right from the palm of their hand.

Here are some tips that can help you get the job done with an iPhone:

- Sync regularly. Think about every time you add a contact or an appointment to your iPhone. What if you lost that information? Syncing to your computer regularly can ensure that your information, including e-mails, is backed up and safeguarded should something happen. And while it only takes a few seconds to sync, replacing data could take hours.
- Stay productive. Need to view and edit a presentation or locate a document on another computer? Business applications such as LogMeIn Ignition for iPhone (www.LogMeIn.com/iPhone) enable iPhone users to access and work on their remote computers as if they were sitting right in front of them.
- Check the Apple Web site. There is an entire section on the Apple Web site dedicated to iPhone business use at www.apple.com/iphone/business/. It includes apps like currency converters, expense trackers, file management and organizational tools that can help you work efficiently while away from your desk.

Family Pastime Magazine Introduces FREE Classified Ads

Readers of Family Pastime Magazine may now post free non-commercial classified ads in the online version of Family Marketplace. If you, a family member or not-for-profit group has something to sell, trade or give away simply go to www.familypastime.com, click on the Marketplace button, register and post an ad--for FREE. The ads can run for up to a month without re-submitting and may also include photos. Categories include, Automobiles, Appliances, Tools, Pets, Yard sales and more. If the appropriate category is not there simply put it under "other" category and Family Marketplace will create a category for it. If you don't see what you are looking for post something under the "wanted" category. If you have any questions send an e-mail to: classified@familypastime.com. **FPT**

SUPER SUDOKU Instructions: On page 2

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



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Grace and son Henry. Henry is a patient at the St. Jude Tri-Cities Affiliate Clinic, a service of Niswonger Children's Hospital.



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