



THE magazine for the WHOLE family

Volume 2 Issue 4

Cyber Safety

--Keep Your Children Safe While They Surf

By: Chris Joker

The Internet can be a fantastic source of fun and information for children. Unfortunately, it can also be very harmful. Parents must take an active role and extra precautions to keep their children safe while surfing. We will discuss different ways of keeping children safe, however you must keep in mind that software alone is never enough. Children should never be given free reign over surfing even with software in place. Parents should be involved and close by to help children use the Internet wisely and safely.



trying to help her students learn more about the government. What she thought was the correct web address for the Whitehouse and up popped a website she did not expect. She had the best intentions, but exposed her students to a site she shouldn't have. Searches can often lead to trouble as well. Searching for a seemingly benign term such as "fairies" may lead to unwanted results. Email is also a potential danger. Spammers do not care whom they send email to and a child may receive an email that would lead them to a questionable site or an encounter with someone that is less than virtuous.

You should discuss safe surfing habits with your children. Topics to discuss with them include:

- Never give out personal information such as

Please see "Cyber Safety" on page 14

A big problem with surfing is that even with the best intentions, one can find oneself on a site that may be harmful. One well-known story is of a teacher who was

Hands On! Receives State-Wide Museum Award

At the recent Tennessee Association of Museum's Conference, held in Knoxville, Hands On! Regional Museum was recognized for superlative achievement for Permanent Exhibition for 2005, for the new Eastman Discovery Lab. Hands On! was the only museum in Northeast Tennessee to receive an award.

"We are very proud to have this exhibit recognized at the state level," says Kristine Amerine Carter, Hands On! Marketing Manger. The Lab was developed through collaboration and support from Eastman Chemical Company.

You may Remember Last November Family Pastime did a big article on the lab which opened in October, offering programs in the sciences and technology to all age groups, from the young to the young at heart. Visi-

tors are able to make silly putty, watch what happens to celery when placed in a container of food coloring, learn about forensic science, dissection, and much more. Biology, Chemistry, and Physics are just a few of the topics that are covered.

The Lab gives visitors access to technology that is new to Hands On! A computer linked to a visual presenter (a 3-D version of an overhead projector), VCR, and DVD player allow museum educators to offer information through various media. It will be possible to project each of these onto a SMART Board, an interactive touch screen. Visitors can run through programs, surf the Internet, and more just by touching the SMART Board.

The exhibit also gives Hands On! the ability to com-

Please see "Hands On!" on page 6

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CONTEST

Family Pastime Magazine will be giving away several Topsy-Turvy upside down tomato growing planters to lucky contest entrants next month. Read about the Topsy Turvy on Page 12 then enter to win!

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AGE RANGE (please check one):
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In honor of International "Daffynitions" month we offer the following

Daffynitions

Adminisphere: The rarefied organizational layers beginning just above the rank and file. Decisions that fall from the adminisphere are often profoundly inappropriate or irrelevant to the problems they were designed to solve.

Adult: A person who has stopped growing at both ends and is now growing in the middle.

Arachnoleptic fit: The frantic dance performed just after you've accidentally walked through a spider web.

Avoidable: What a bullfighter tries to do.

Beauty Parlor: A place where women curl up and dye.

Beelzebug: Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.

Blamestorming: Sitting around in a group, discussing why a deadline was missed or a project failed, and who was responsible.

Bozone: The substance surrounding stupid

people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

Counterfeiters: Workers who put together kitchen cabinets.

Craughed: To laugh and cry simultaneously.

Cube Farm: An office filled with cubicles.

Decafalon: The grueling event of getting through the day consuming only things that are good for you.

Dopeler effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.

Dust: Mud with the juice squeezed out.

Eclipse: what an English barber does for a living.

Egotist: Someone who is usually me-deep in conversation.

Flusterpated: Being so flustered that words get bound up inside you.

Giraffiti: Vandalism spray-painted very, very high.

Handkerchief: Cold Storage.

Heroes: what a guy in a boat does.

Inoculatte: To take coffee intravenously when you are running late.

Intaxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

Irritainment: Entertainment and media spectacles that are annoying but you find yourself unable to stop watching them.

Lasterday: Any day before today.

Mouse Potato: The on-line, wired generation's answer to the couch potato.

Marshmupial: Marshmallows that carry their young in a pouch.

Onosecond: That minuscule fraction of time in which you realize that you've just made a

BIG mistake.

Phonecrastinate: To put off answering the phone until caller ID identifies the caller.

Primate: removing your spouse from in front of the TV.

Raisin: Grape with a sunburn.

Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.

Stress Puppy: A person who seems to thrive on being stressed out and whiney.

Swipeout: An ATM or credit card that has been rendered useless because the magnetic strip is worn away from extensive use.

Tomorrow: One of the greatest labor saving devices of today.

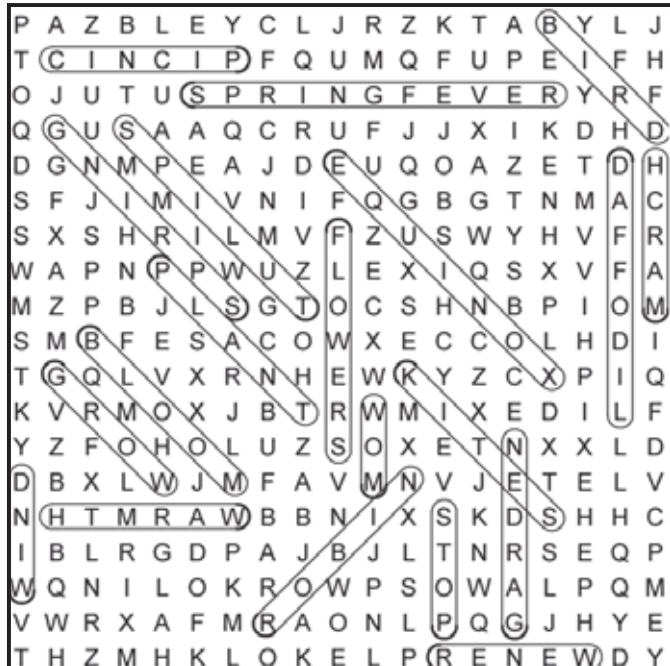
Vocabularian: A person who makes up new words.

Xerox Subsidy: Euphemism for swiping free photocopies from one's workplace.

Yawn: An honest opinion openly expressed.

404: Someone who's clueless. From the World Wide Web error message "404 Not Found," meaning that the requested document could not be located.

March Word Search Answers



SUDOKU

Instructions: EASY

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

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

I Got my "Mow" -Jo Working

It's springtime and that means warm weather, re-growth, and flowers blooming. Nothing says springtime more than the sound of the season. I know spring is here to stay when

I go to bed with the windows open and awaken to that beautiful music. First you hear one and then two and then a whole glorious chorus. The red-bellied Toro, the green-tipped Deere, the orange-crested Husqvarna and on occasion the rare and much sought after blue-striped Simplicity. It makes my heart all squishy just thinking about it. In fact I have left writing this column

for a short bit to go out in the yard, cock an ear and listen. I can't hear them yet but I can feel they are coming. Every year

in my neighborhood there is a long-standing contest to see who can mow first. We have this incredible crown for the winner. I don't know where it originated but its pretty elaborate. Picture your basic anti-freeze jug cut into a crown shape, bottle-cap bejeweled, and spray painted gold. It also sports cup holders mounted on each side with a drinking tube attached to each holder. It has a tinted face shield to combat debris and bugs, attached ear-

buds and an Ipod holder. Last year's winner Half-stache Wilson also attached a solar powered mini fan that blows soothing air on the wearer. He first tried mounting it so the fan went under the tinted face shield. After his moustache grew back he chose to have the air blow down from the center of the crown gently cooling the head, neck and shoulders of the mow king. We used to have a cape that went with the crown but after the horrible mulching accident of 2001 we pretty much just have the crown now. I must add kudos to "Sore-neck" Jergenson for having the foresight to change the cape

tie to velcro in the spring of 2000 otherwise there may have been a neighborhood funeral for "Shorty" Magilicutty. The rules for the first to mow contest are pretty loose



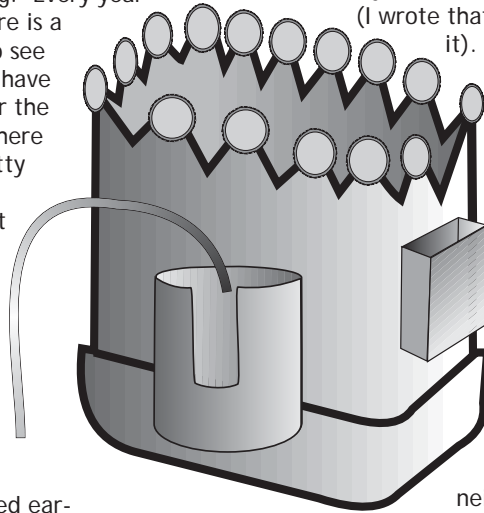
By Chris Joker

in fact there is really only one over riding master rule: "If you mow and then there's snow this year's crown you must let go"

(I wrote that. I'm darn proud of it).

So if you decide to hop on your tractor on a warm February afternoon and then the snow falls in March, you are out until next year. As if that weren't enough, you have to endure the taunts of "snow-mower, snow-mower" from all the neighborhood kids and if, God forbid, you have to borrow a tool from a neighbor you can expect

them to ask "will get this back before it...snows?" or "That also works to remove snow from your driveway" or "Be sure to let it warm up before you use it, you know to melt the snow out of it?" Victorious dads can be so cruel. I am so fearful of having to give up the crown and suffer the taunting that I generally wait until June for my first mow. Sure it's a little late but I have yet to give up a crown...I have yet to win one either but at least I have been spared the embarrassing de-crowning ceremony and on the plus side that long grass actually works pretty good for sledding. To



winterize my tractor every year I drain the gas from it and then run it until it all burns out. Last year I didn't get to it until November I hired a security team to certify that although the tractor was running there was no mowing in progress. If I hadn't had streaming video on the Internet of the tractor

running but not moving my neighbor, New-guy Edwards, would have had me labeled snow-mower in a heartbeat. New-guy has lived here for about 2 years now but since no one else newer has moved in we still call him "New-guy". That and I really have no idea what his name is and at this point it would be kind of embarrassing to actually ask him his name, I thought about asking his wife "New-gal" but

I'm sure you can see the problem with that. Of course if someone newer moves in I am stuck with either just calling him Edwards which is cool in a guy sorta way or maybe the guy who moves in can just be "Newer-guy". I'm liking that. Well since New-guy just made a pass through his backyard on his poor excuse for a tractor, I'm off to pray for snow, join me won't you? FPT

SUDOKU

Medium

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

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

Lessons Learned

By: Laura Isolani

I have never forgotten the words of wisdom passed down to me from my elders during my childhood years. I remember quite vividly the expression of dismay and disgust on my grandfather's face as I complained with great vigor that my tennis shoes were not of the latest fashion. I couldn't possibly face going to school yet another day without new shoes; not to mention the fact that I didn't have as many gold beads on my add-a-bead necklace as all my friends (remember those girls?)!!!! The disgrace, the humility, the embarrassment were all just too much for a young girl to bear. Life would be perfect if I just had a new Member's Only jacket...okay...okay....so maybe I'm kidding with that one. What was the world coming to?

My dear, sweet grandfather would shake his head, give a big sigh and very calmly tell me of the days he had to walk 5 miles to school, in three feet of snow, with old boots that were at least 2 sizes too small that, of course, had been passed down from an older sibling. He was the proud owner of one coat, one pair of shoes, two pairs of pants, and three shirts, all of which were washed by his mother on a washboard and hung to dry on a clothesline next to the cows that he milked each and every morning. I would mentally roll my eyes and tell my grandfather that I didn't need the picture painted for me. After all, I was a big fan of "Little House on the Prairie."

Deep in the recesses of my adolescent brain, I knew he was telling me that I was being spoiled and unappreciative, and I should be eternally grateful for everything I had. Life during his childhood had been much harder. I also knew he feared for the future of the world in the hands of a generation of children who had no idea what it was like to milk a cow, slaughter a pig, or pick cotton from light till dark. I appreciated the rough road my ancestors had traveled, and I was very thankful that road had come to a dead end by the time I was born. I could imagine nothing more dreadful than hand washing my clothing, and I became nearly faint with the mental picture (and the mental smell) of only taking a bath once a week.

My adolescent days are of the past, although I do still struggle with many of the same problems I had when I was younger. My face still breaks

out in an embarrassing show of acne; I still have bad hair days, and I still long for things I don't have. But one thing I have learned is that while the world around us changes, we, as humans, stay the same. This realization struck me like a bolt of scary lightening. I was helping my 8 year old with a school project. He had to do a biography on a famous person, and he had chosen Anne Frank. We did what all knowledge seeking citizens of this day and time will do when in search of information. We went Googling on the World Wide Web!! As we searched the zillion hits on Anne Frank, without thinking, I told my son that when I was his age, I had to go to the library and look up information in books. I had to go to a card catalogue, find Anne Frank's name, write the reference numbers down, then take lots of time to search all over the library for the books listed. It was much, much harder back then to find out information. The absurdity of my comment stopped me cold.

At his point, I felt like I had been slapped. I wondered if nostalgic comments flashing back to your childhood were one of the inevitable stages of getting older. I stopped and thought about the times I told my kids to quit fighting over who controlled the remote. When I was younger, I had to get up and walk to the television to change the channel. When they complained about the fact that there was nothing good to watch on television, I told them that in my youth, I only had 3 channels from which to choose, and I had to adjust the rabbit ears on the television to get a good picture. I contemplated the occasion when I told my children that we had no microwave ovens when I was a child. Of course they looked at me with big eyes aghast and asked me how I managed to cook my popcorn. My children have no concept of life without cell phones, life without DVD players or life without computers. They are completely unfamiliar with the idea of 8 tracks, tape recorders, or Coca Cola sold only in a bottle.

Of course, I can never top the experience of walking to school in the snow or hand washing my clothing. I'm not even able to complain about starching and ironing my husband's dress shirts every day. I have the luxury of dry cleaning; carry out dining, and electric toothbrushes. As time passes, humans have found ways to make life more efficient, easier, and ultimately better. This doesn't make us lazy; this makes us

smart. So the next time, I look at my son in dismay because he is complaining that I refuse to buy him a cell phone, I'll remember what it feels like to be young. I'll try not to bore him with details of pay phones; instead I'll try to teach him that we don't always get what we want. I'll try to instill the values of hard work, patience, and understanding. I'll do my best to teach my children to love, listen, and learn.

Many things change daily in our world. We find new ways to travel, new methods of communication; we dress differently, cook differently and live differently than our ancestors did years ago. But human nature never changes. We still have the same feelings of happiness and despair, of love and hate, of pride and jealousy. We want more; we need more, and we expect more out of life. That is the fire that burns within us and drives us to the accomplishments that make our life today different than those of the past. We may have discovered new ways to live, but that can never change the fact that at any age, in any era, life can be hard. FPT

Hands On!

Continued from page 1

communicate through teleconferencing, or distance learning. Experts can be contacted to supplement a particular program or classrooms, with the same technology, can link to the museum for a virtual program in this exhibit. This is done in real time and is perfect for a question and answer session or demonstration.

Programs are offered in the Eastman Discovery Lab daily. Hands On! Regional Museum is open Tuesday-Friday 9:00-5:00, Saturday 10:00-5:00, and Sunday 1:00-5:00. For more information, visit www.handsonmuseum.org or call (423) 434-HAND. FPT

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Not a Tourist Destination Part 2

By Dawn Cadwallader, DC, ND

Part 1 was in the March issue and may be read on the web at www.familypastime.com

Our court date came. The translator told us that Sophie must stay back at the hotel by her self, since children aren't allowed in the courtroom. We don't even leave her home alone in the U.S., so our fear and anxiety were at their peak. I will share with you an excerpt from Sophie's journal (with her permission):

"We found out that I can't go to court because I'm not the one adopting a kid. So, I have to stay in the hotel by myself or I stay outside the courtroom with sweaty Russians walking by, where, if somebody takes me nobody will know. So, I'm deciding to stay in the hotel. Did I mention I'm sick?"

I was sure that court would include a judge welcoming us with open arms and thanking us for taking two orphans off the burden of the Russian government. Ha! Wrong again. Our translator wished us luck. We asked, "Luck? Why do we need luck?" She said, "Maybe the children are not given to you. Some times this happens." The judge drilled me about personal information from our home study. I was unsure whether I was going to pass out or vomit on the spot. As we waited for his decision, I was sure that we were going to be leaving Russia without the boys. I believe the whole thing was only to scare us, as the decision was affirmative and we were told that we would be going to pick up the children that afternoon. We asked the hotel for sheets for the pullout bed and they told us that they would have to charge us another 1/2 room charge for sheets. We opted to have our driver take us to buy a blanket.

Anton was brought to our hotel later that day. His caretaker and orphanage director were sad to see him go. We were told to undress him from every stitch of clothing and put our clothes on him. Our donation to the orphanage was well received and we felt warmth from the both of them. As we picked up Vitaly, we followed the same procedure with his clothes. We were warned by all of the caretakers not to overfeed the children. They also said that we must not spoil the children. They said we would need to have a "heavy hand" in discipline since they will take advantage of the situation. We were rushed from the orphanage after being "allowed" to make a very generous dona-

tion in the accounting office that reeked of B.O. They did not even as much as wave good-bye to him.

Our first dinner with the boys will never be forgotten. What we thought would be a celebratory dinner at the Chinese restaurant next door, ended up being more than I could handle. Much to our surprise, two children who have never been out of an orphanage do not have table manners. What were we thinking? On top of that, Rob decided that since the waitress didn't bring the boys their water, he should give them Coca-Cola. We have renamed it as "Liquid Crack." Sadly enough, they each only had about 4 ounces before they started bouncing off the walls. As the food came, the boys grabbed unmercifully at the food in the middle of the table. I shoved as much food as possible in my mouth and decided it was time to leave.

Back at the hotel, the boys didn't invite the thought of going to bed. As they cried and cried, we just sat in a daze. The first night, Vitaly peed the bed. When we told the translator the next day, she told us that we needed to get him some pull-up diapers. She said not to tell the hotel since they would see it as "scandalous." We weren't sure what that meant.

The next 4 days were as horrible as you could possibly imagine. Rob decided that, "This must be what prison is like." There we sat, trapped in the hotel room with barely any food and nothing to do but watch the Winter Olympics broadcast in Russian. Sophie was uninterested in doing her homework. I tried to convince her that it would be impossible to do two weeks worth of homework in one day. I finished a book, my needlepoint, and too many Sudoku puzzles to count.

They boys took some time to warm up to each other. Before the recent meeting they hadn't even been aware each other existed. They don't even understand the concept. They took turns getting in trouble and being put in the corner. Our fears left us feeling helpless, since we felt like our every move was being watched. We could not leave for Moscow since planes only fly to and from the Region a few times a week. By

the time Sunday (departure day) came, we had lost our minds. I proudly showed Rob that I had finished an entire box of 100 tea bags in only 8 days.

We packed and were carted off to the airport at 7 a.m. After a 40-minute drive in an unheated van, my feet were frozen. As we got there, we noticed that there were no cars outside. Our translator rushed into the airport and back out to tell us that we were not leaving. She said, "There is a great delay. Maybe leave tonight, maybe not until tomorrow." The plane had not come from Moscow due to a snowstorm. We returned to the hotel and sat and cried.

We were fortunate enough to meet another couple from Ohio who were there to pick up their infant. We spent most of the day chatting and absorbing as much English communication as possible. We learned from them that the reason why American adoptive parents are hated by the Russians. Apparently, parents use the orphanage as day care or as a tool when times are too hard to care for the children. They don't realize that many children, like ours, have parents whose rights (because of neglect and alcoholism) have been taken away by the government. Therefore, they think we are taking someone's wanted children away.

We were finally called to leave at 4 a.m. As we left the room the hotel attendant handed Rob and extra bill for a dark-purple towel that had a "stain" on it (tea, of course). He was told he needed to pay \$20 for the towel. He just handed over the money and smiled. I could only think of how glad I was that they didn't know about the peed-on mattress.

We were taken to the airport and thrown in a separate room (for an extra charge) to wait for 4 hours. Our translator bid us good-bye and assured that one of the airport personnel would make sure we got on our plane. An indescribable stench (worse than the smell of a Port-A-Potty) rolled out from the bathroom. When I couldn't hold it any longer, I held my breath and ran in to pee as fast as possible. As we sat there, we watched several Russian diplomats arrive to wait for the same plane as us. I had to rub my eyes in disbelief as we watched them crack open the alcohol at 7 a.m. and begin doing shots. We boarded the plane in the same fashion as we had departed, by being bussed out onto the runway. As the plane took off, my tears flowed and they didn't stop for the entire 8-hour flight.

Continued on next page

Russia Continued from previous page

As our plane landed in Moscow, I breathed a sigh of relief. As I saw Pashe through the window, I felt a sense of comfort. After we got in the car, we told him that it had been pretty bad in Blago. His response was, "Probably not a tourist destination." Rob and I almost fell out of our seats with laughter as we looked at each other, shook our heads, and said, "No, probably not."

We had an immediate visit to a doctor's office for exams for the boys. He told us that they were both very healthy. Within a minute of meeting Anton, he told us that Anton could be a Hollywood actor and that we should not let his "crocodile tears" fool us.

We got to our immaculate Marriott Aurora Royal Hotel (\$480 a night) in downtown Moscow. We decided that it was much like New York City. Our hotel room was nice and we finally had some English channels on the TV. The scale in the bathroom showed me that I had lost 10 pounds in just a week. The rest of our week mostly consisted of the same as the Region, only high-classed prison now. Unfortunately, the cost of meals was really high. We kept food in the room for the boys and ate one meal out a day as a family (over \$100 a meal). The \$30 per head Breakfast Buffet had no "Children's Price," so we passed on that. However, one day Rob and Sophie shared a quiet (\$60) breakfast as the boys and I stayed in the room with instant oatmeal. Sophie and I enjoyed it together the following morning. As much as I wanted, I just couldn't force myself to eat caviar at 7 a.m. Nevertheless, I felt like a Survivor contestant, eating my first meal after a long period of starvation. As we withstood continual sleepless nights, we became more and more irritable. Of course, two

nights before we left we found a great German restaurant across the street with pretty good prices. Sophie and I were ecstatic to be able to eat some steamed vegetables of a recognizable variety.

We visited the U.S. Consulate to get the boys' Visas and Passports. It was great to speak with Americans who sympathized with us. We did a little bit of sightseeing in Moscow. It was so cold and we were all so tired from going back in time zones by another 6 hours. None of us felt like dragging around two little boys. Rob spoke of maybe returning some day with the boys, when they are older. My immediate response was, "When Hell freezes over." He got a huge grin on his face, grabbed my hand, and said, "Baby, we've been there, and it already has." Touché!

We left Moscow without a hitch. The flight to Atlanta was long. The plane was filled with other adoptive parents and crying babies (including ours). New mothers and fathers paraded up and down the aisles, as if to show off their new prized puppy. Rob designated himself as Parent of the Year Pageant Host. He gave them each a nickname. The entire 12-hour flight consisted of him broadcasting to me (from 3 seats and an aisle away) who was bringing their child down the aisle now for everyone to see and dote over. They each walked down his aisle, made the turn, and walked up mine. I became giddy with fatigue and couldn't look at him anymore without busting up.

As we landed on American soil, I couldn't contain my tears. How lucky we are to have the freedom that we do! We are all home safe and sound. As Rob stepped into the house at 1 a.m., he planted his foot and said, "Boys, we're on MY turf now!" We are going through a huge adjustment

period. Overall, they are very affectionate, sweet boys. They at least understand what we are saying by now. They each have their own personality and try our patients in different ways. We feel a great need to protect them; so taking them out for a while is out of the question. They need to feel safe with us and in their home. We can only imagine that taking them to new places already would be overwhelming. Besides that, we don't want them to fear us giving them to yet someone else.

Sophie has been a trooper. I must say that I am so proud of her ability to adapt and go with the flow. Not many 9-year-olds would be able to do what she has done without much complaint.

Before I left for Russia, a friend of mine wrote an e-mail. He said that it would be interesting to find out that, given the choice, which one would I choose-labor or Siberia? I have given that much thought. Sophie's day and a half long labor was agonizing.

When Sophie was born, my perspective changed. From that moment, I knew I would give my life for her. As an adoptive parent, it is no different. These children are part of our "purpose" and we feel a great need to fulfill something bigger. I would do either one in a heartbeat.

If given a choice?

Give me 36 hours,

Epidural free,

Pain-killer free,

Hard labor,

And while you're at it, pluck out every eyelash. It would be better than Siberia. FPT

Believe it or not, the following announcements actually appeared in various church bulletins.

Don't let worry kill you -- let the church help.

Thursday night - Potluck supper. Prayer and medication to follow.

Remember in prayer the many who are sick of our church and community.

For those of you who have children and don't know it, we have a nursery downstairs.

This afternoon there will be a meeting in the South and North ends of the church. Children will be baptized at both ends.

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PARENTING

Building Self-Esteem in Children

By: Danny Kellum, L.P.C.

All good parents are concerned with developing a healthy self-image in their children. They are aware their children are in need of a balance of positive nurturing, reasonable structure, and limit setting. These parents will also state this is much easier said than done. Indeed, there are situations in which "the perfect approach" may be beyond our grasp and perhaps even an unrealistic expectation. Parents are imperfect people and must allow themselves permission for some mistakes in rearing their children. There are, however, several principles and general approaches parents need to make a regular part of their parenting efforts.

Children who are given reasonable responsibilities often have a healthier sense of self.

Parents who do not require chores of their children are depriving them of successful experiences for achievement. It may sound strange to say learning to take out the trash is an "achievement". Many small children will even ask to take out the trash. Why? They recognize a task places them

in the category of "being bigger", and representing their growth from one point in life to the other. They are aware previously they couldn't take out the trash because they were too little but now they can. This is very important to a small child's image of self.

It is also important for children who avoid chores like the plague, such as many teenagers, to be given responsibilities. It is unlikely that an adolescent is going to enjoy doing their laundry. They may not see the benefit washing their clothes has to their emotional development. Children who merge into adulthood without having learned habits such as doing their laundry, feeding the dog, or cleaning their bathroom have not learned permission to do things that are not fun. They have not learned the necessary balance life requires of pleasure and work. Children who are given appropriate tasks are more comfortable with hard work; more emotionally mature, and therefore enjoy greater confidence and sense of self.

The way parents discipline their children also impacts their self-esteem. When consequences

are necessary, good parents implement the consequence and avoid arguing with their children. Many parents worry about the "need" for their child to receive an explanation for the consequence when the child is not really interested in an explanation. He or she is interested in giving the parent a hard time and winning an argument. An explanation is a healthy thing when it is lovingly communicated once and then the consequence is implemented with no further discussion. If the child continues in disrespect, do not argue. Calmly and lovingly intensify the consequence without arguing.

Smaller children may cry and make stressful noise. Good. This is an indication the parent is winning and the child is not. Frequent arguing increases the stress between parent and child and, in many cases, actually develops into hostility. Children who experience hostility with their parents do not have a sense of validation and importance from those who should offer it the most. These children suffer from low self-esteem. It is also important to avoid bringing up past failures to the child. Christians appreciate a Heavenly Father

Please see "Self Esteem page 21



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 April 26th Denominationalism



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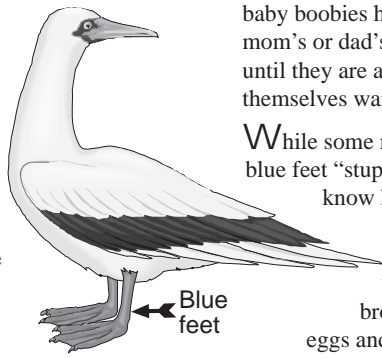


THE BLUE-FOOTED BOOBY

By: Betty Jackson

There is a true story of a boy whose feet turned bluish-purple because he had to soak them in medicine each day. His feet got well and the medicine finally washed off. He no longer has bluish-purple feet.

But there is a bird that has bright blue feet all the time. It is called the Blue-footed Booby. The word booby is from a Spanish word, bobo, meaning "stupid fellow." Some think the booby appears to be silly because he is so tame and clumsy on land. This makes him easily trapped by man. But in the air, the bird is a remarkable flyer. He can spot fish in the sea and dive to make his catch from 80 feet high in the sky.



have a greater circulation of blood, which makes them very warm. Instead of warming (or incubating) their eggs by sitting on them, mother and father booby cover their eggs with their hot feet, keeping them constantly warm at 103 degrees. As baby boobies hatch, the eggs are held on top of mom's or dad's feet. There they will stay warm until they are able to grow feathers and keep themselves warm.

While some may call these birds with the bright blue feet "stupid fellows," they show that they know how to keep their babies warm so that they will not die. Most birds have a portion of featherless skin underneath their bodies, called a brooding patch, for warming their eggs and chicks. Who gave boobies the know-how, or instinct, to use their feet in the care of their eggs and babies? Certainly they did not learn it by themselves! There would be no boobies if that were true. The feet of boobies show amazing design. FPT

The booby's wonderfully designed blue feet

Sudoku Really Hard answer from March

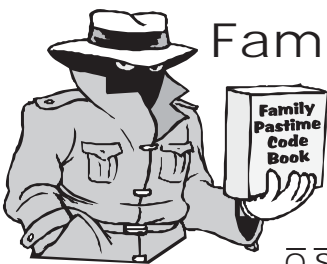
B	F	H	D	A	C	E	G	I
E	C	I	B	G	F	A	H	D
D	G	A	I	E	H	C	B	F
A	I	D	E	F	B	G	C	H
C	E	B	H	D	G	I	F	A
G	H	F	A	C	I	B	D	E
F	A	E	G	B	D	H	I	C
I	B	C	F	H	E	D	A	G
H	D	G	C	I	A	F	E	B

Hard answer from March

D	G	E	B	C	A	H	F	I
A	B	I	D	H	F	C	G	E
H	F	C	G	E	I	A	B	D
C	I	D	E	G	B	F	A	H
G	A	F	H	I	C	E	D	B
B	E	H	F	A	D	I	C	G
F	H	G	A	D	E	B	I	C
E	C	A	I	B	G	D	H	F
I	D	B	C	F	H	G	E	A

Sudoku Easy Answer From March

F	C	E	A	B	G	D	H	I
G	B	H	F	I	D	C	E	A
A	D	I	C	E	H	B	F	G
D	F	A	G	C	B	E	I	H
E	G	B	D	H	I	F	A	C
H	I	C	E	F	A	G	D	B
B	E	D	I	A	C	H	G	F
C	A	F	H	G	E	I	B	D
I	H	G	B	D	F	A	C	E



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which. If you need a clue look on page 18.

QSV VERQVP TABBH GORSVR HZA E

"SZUUH" VERQVP

Five Children and It.

By: Chris Joker



Not a great title, not a great DVD cover however, a GREAT family movie. The movie came out in 2004 and somehow I never heard of it. It

has recently been released on DVD. I think because one of the stars is Freddie Highmore who recently starred as Charlie Bucket in Charlie and the Chocolate Factory. The film is not rated but would probably be a G or maybe a PG for some mildly scary parts. The story takes place during World War II. Five children must stay with their eccentric uncle while their father goes to fly planes and their mother tends to the wounded. The adventure starts when no one is at the train to meet them. After walking an incredible distance to reach their Uncle's castle the woman who greets them at the door says it can't be them because the nieces and nephews aren't supposed to arrive until Friday. The children reply but it is Friday. Can't be she

says, "I have a goose in the oven. Goose is Thursday. Tuesday duck, Wednesday duck, Thursday goose." In addition to their uncle and his housekeeper they also have a cousin, Hor-

ace, who lives in the castle. Horace is the creepy cousin we all have. He has a laboratory where he performs experiments on "monsters". The monsters are dolls he has customized and a violin with attachments nothing really scary but certainly creepy. The children are presented with a list of chores and rules. One of the rules is they may go anywhere in the castle except the greenhouse. Of course they end up in the greenhouse. After discovering a tunnel that leads to the beach they meet a "sand fairy". The fairy



is given life by the Jim Henson studios and voiced by the very funny Eddie Izzard. The sand fairy will grant one wish a day. The

first wish is that all the chores be finished by magic, which leads to trouble reminiscent of the sorcerer's apprentice. The fairy explains that the purpose of the wish is for it to go horribly wrong and then you learn something. The underlying theme is that magic fades then it's up to you. I highly recommend this film for family movie night.

The only thing that really bothered me about it and I didn't even notice it until the second viewing is that the baby seems to appear and disappear at random through out the movie.

I highly recommend this DVD for family movie night. The story is wonderful and full of humor and good fun. So grab the DVD, some take-out pizza, some Microwave pop corn and settle in for an enjoyable evening. FPT

SUDOKU

HARD

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

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





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KITCHENS ON A BUDGET

The kitchen has often been described as the heart of the home. And with good reason. We spend a lot of time in the kitchen and it holds many emotional ties. Because it is probably the hardest working room in the house, it is easy to neglect your kitchen's upkeep. Yet, it is the kitchen that can be the selling point of your home. Buyers don't usually want to tackle what they perceive as a major home improvement job. So if you are getting ready to put your home on the market, you might want to take a survey of your kitchen with an eye for upgrading. It doesn't need be expensive. Quite often, a fresh color scheme or new cabinet hardware can make a major impact. Keep in mind that buyers want to put their own stamp on their new home, so keep things simple and neutral. Walk through your kitchen with 'buyers eyes.' Does it look tired or cluttered? That wallpaper you loved years ago might need to go. Consider painting the walls a lovely spring green or a sunny yellow. Be sure to do the necessary prep work, such as filling nail holes. Sand each one until it is smooth. And while you have that paint brush handy, what about the cabinets? If they are dated but otherwise in good shape, you might want to consider giving them a coat of bright white paint. Just be sure to remove hardware and give a light

sanding to remove dirt and grease. Scrub well and allow to dry before painting. If you can take the doors outside, spray painting gives a smoother appearance. Add new hardware and you've made a major difference in the beauty of your kitchen. There are many other affordable ways to add pizzazz. If the counter top is worn and scratched replace it with an affordable laminate one from your home improvement center. If you are not confident in your skills, hire a handy person to help you with this one. If the floor has seen better days, you'll have many pretty choices, from vinyl tiles to laminate wood looks. And a new floor will go a long way to freshen the look of your home. Lighting is very important in a kitchen, so consider installing under-cabinet lights. These are small and almost invisible but they are wonderful for everyday tasks. Be creative with the main overhead light and make it a focal point. It could be a restored antique or a shiny new chandelier. Add personality with new curtains or an area rug. Pictures on the wall and a lovely bouquet of flowers, whether real or silk, will make this the most warm and inviting room in your home. Copyright PropertySource Network 2006

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Turning the Tomato-Growing World Upside-Down

Tomatoes are by far the most grown fruit (yes, "fruit," not "vegetable") in home gardens around the world. Nutritionists and health professionals tout the anti-oxidant health benefits of the fruit. Clearly, Americans love tomatoes. Yet most gardeners aren't very enthusiastic about the amount of work involved in successfully growing tomatoes.

It isn't enough to just plant, fertilize and water tomatoes. You must also sucker them, fight off a multitude of garden pests and animals (who love tomatoes as much as we do), support them with stakes and cages, tie them, and then continually re-tie the plants as they grow. Weeding also is a constant battle. Is it



any wonder so many gardeners have thrown in the towel on their battle to produce beautiful and bountiful tomato plants?

Well, if you're a gardener who's developed a love-hate relationship with your tomato plants, things could be looking up for you. Literally. By planting your tomatoes upside down and hanging them (from a deck or patio overhang, clothes line, tree, etc.), you can eliminate nearly all the work and risk involved in growing them the traditional way.

"Americans are rediscovering gardening," says Bill Felknor, inventor of the Topsy Turvy Upside Down Tomato Planter. "People love to grow tomatoes, but what can you do if you don't have the space or time for a full-size garden, or your subdivision

prohibits gardens?" Felknor, an avid gardener and passionate tomato advocate, invested three years developing a planter that would address and solve all those issues.

The planter is garnering a lot of high-profile attention. "Time" magazine just named the Topsy Turvy "One of the Most Amazing Inventions of 2005," and "Reader's Digest" included it in the magazine's "Best of America" feature. Home and Garden Television also showcased the Topsy Turvy on the cable channel's "I Want That!" program, which highlights innovative products for the home and garden.

Here's how the Topsy Turvy addresses the most common issues of tomato growing:
Room to Grow

For years, people who have no place for a garden - apartment dwellers, senior citizens in residential centers, homeowners with small lots or subdivision restrictions - have tried growing tomatoes in pots. Put them on your deck or patio, and they will either not have enough room to grow, or if they do

Continued on next page

Upside Down Tomatoes

Continued from previous page

grow well, they'll over-run your living space.

Hang the tomato on a deck or patio gives the tomato extra room to grow and keeps it out of your way at the same time.

"The tomato actually thrives growing upside-down," Felknor points out. "One hundred percent of water and nutrients are absorbed, with no lost runoff. The roots directly receive the water and nutrients. And because the Topsy Turvy is in the air, the tomato enjoys full sun access and warming."

Thwarting Pests

By taking the tomatoes airborne, you remove them from proximity with all ground-dwelling pests. Common tomato foes like cutworms, ground insects and fungus can't reach the plants or fruit. Hang them high enough and they'll also be safe from most animals as well. The Topsy Turvy also eliminates the need to weed since each plant is contained in its own, weed-free environment. The gardener can also sucker, water and fertilize while standing up.

What's at Stake

Since most varieties of tomato grown in American gardens are of the "indeterminate" type - meaning they will continue to grow as long as the season and space allow - they generally have

to be tied to stakes to support the weight of the plant and fruit. As the plant grows, the gardener must continually adjust the ties,

and sometimes the stakes, to allow for the growth.

Hang the tomato upside-down eliminates the need for stakes and ties. It also promotes greater stem strength in the plant. The same suckering you would do on an in-ground plant has even greater benefits for your hanging tomato. Water, Water Everywhere

Adequate watering is probably the single greatest obstacle to growing beautiful tomatoes, Felknor says. Over water a potted tomato and you'll end up with root rot and a dead plant. Water too little - either a potted plant or one in the ground - and your plant will die in the summer sun.

"One of the reasons that it's so hard to adequately water a tomato in the ground is that 85 percent of the water you put on it will never make it to the plant's roots," Felknor says. Evaporation, weeds and run off all steal water away from the plant.

The patented Topsy Turvy uses simple absorbent containment to help control the flow of water to the roots. This means when your plant is still small, you will probably need to water it just once a week. Advance to twice a week as the plant

grows to medium size, and once it reaches "giant" size, you may have to water every day. **Easy Payoff**

More than one lovely ripe tomato has gone rotten waiting for someone to pick it off the vine. Bending over, moving around leaves and vines to find a ripe tomato can be a challenge. The Topsy Turvy allows you to pick the fruits of your labor while standing up.

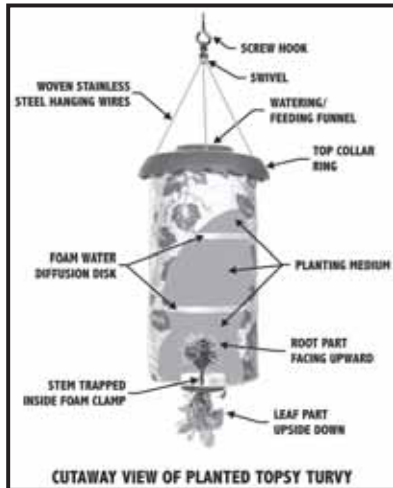
You should start your Topsy Turvy tomato plant at the same time you would put one in the ground, after all risk of frost is gone. However, because of the planter's many advantages, and better exposure to sun, water and nutrients, you can expect to harvest

your crop as much as two weeks earlier than in traditional gardens.

"This is a planter, not a growing machine," Felknor cautions. "You still have to water and fertilize your tomato plant properly. But by giving you a way to grow your tomato plant upside down, we've made all these critical chores so much easier and the payoff sooner."

To learn how to grow beautiful tomatoes with less work, visit www.topsyturvys.com, or call (865) 241-1611. FPT

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Cyber Safety

Continued from page 1

full name, phone number, address, date of birth, social security number, name of your school or email address in a public forum such as a website. If a site requests that a visitor "sign up" with personal information, always have your child check with you **BEFORE** giving out the information.

- You should consider using a pseudonym for your child's email address and leave the information on the profile to a bare minimum.

- Children should never respond to a posting that is suggestive, obscene, or abusive. If they come across posting like this they should bring it to your attention and you should contact the administrator of the site.

- Children should never click on links contained in emails from people they do not know.

- Be very wary of children arranging an "in person" meeting with someone they met on the internet and if you feel it is appropriate you should accompany them and set the meeting for a public place such as a mall or restaurant, preferably one that is not near your home.

- Be sure to inform your children that whatever they post may be viewed by anyone and may be re-posted somewhere else.

- Explain that you intend to periodically check on where they are surfing and whom they are in contact with. Be sure they understand this before they surf and before you

check these things out. You are not trying to take away their right to privacy you are simply trying to help keep them safe. They should know these rules before they surf.

- Predators often use chat rooms to contact children. Explain to your children that people may not always be who they portray themselves as. Just because someone says she is a 13-year-old girl does not mean she or he is.



- Whenever possible, use a screen name instead of your actual name.

- If they see something online they are uncomfortable with they should leave the site and tell a parent or teacher.

- Set limits to how long your child may be online.

- Never give a child un-monitored use of a computer.

- If possible make sure the computer that is connected to the Internet is in a family space not in their bedroom.

- Check your browser's history often to see where your child has been surfing.

- Make sure that your children understand these rules apply to every computer not just the one at your house. If they are at a friend's house they must follow the same rules.

- Surf with your child. This will be fun

for both of you and help you teach them safe habits.

Software options are available. The first thing you should do is set up a user account for your children and make sure the main or administrator account is password protected. This way without signing on as the administrator changes cannot be made. This also allows you to surf from an adult's point of view when you sign on as an adult.

The new Windows Vista which is due to be released in early 2007 (which means it should be out about July of 2007) is touting new parental control features. We will have to see how good they are when it comes out, but you do not have to wait. There are options available now.

Internet Explorer has built-in filters. Look under "Tools" then "Content" and "Content Advisor". Select settings and then you can select different filters such as language, nudity, sex, etc. There is a slider for each setting. The "Language Slider" allows settings from 0 (blocks language starting at inoffensive slang) to 4 (blocks language starting at explicit or crude language). I find this option not very effective. In my experience, it either is too restrictive for effective surfing or not effective enough to filter objectionable material.

Filter Software

There are many filtering applications available for the PC, not as many for the Mac.

Because there are so many available, we cannot review each and every one, however, many of the options allow a free trial before you buy so you can try them and "try to break them" before you buy them. By "try to break them" I mean after you install the trial, try to surf to a site you would not want your child to visit. If you can get there, first try to change the settings and see if the site

will still load. If you can still get there, this is not a good application. Some features to look for in filtering software are:

- Multiple User Login - This will allow you to set a login for the 10-year-old and a different login for the 14-year-old and even one for you.



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Please see "Cyber Safety on page 20

Kid Friendly Recipes



Honey Glazed Easter Ham

Supplies:

- 5 pounds ready-to-eat ham
- 1/4 cup whole cloves
- 1/4 cup dark corn syrup
- 2 cups honey
- 2/3 cup butter

How To:

Preheat oven to 325 degrees. Score ham, and stud with the whole cloves. Place ham in foil lined pan. In the top half of a double boiler, heat the corn syrup, honey and butter. Keep glaze warm while baking ham. Brush glaze over ham, and bake for 1 hour and 15 minutes in the preheated oven. Baste ham every 10 to 15 minutes with the honey glaze. During the last 4 to 5 minutes of baking, turn on broiler to caramelize the glaze. Remove from oven, and let sit a few minutes before serving. FPT

Popcorn Salad

If you take it to a pot-luck, mix the salad, carry the popcorn separately and add at the last minute.

Supplies:

- 10 slices bacon
- 3/4-cup mayonnaise
- 1 cup diced celery
- 1 1/4 cups shredded Cheddar cheese, divided
- 1 (8 ounce) can sliced water chestnuts, drained
- 1/4 cup shredded carrots
- 2 tablespoons minced fresh chives
- 6 cups popped popcorn

How To:

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. In a large bowl, combine the mayonnaise, celery, 1 cup of the cheese, water chestnuts, 1/2 cup bacon, carrots and chives. Mix well. Add popcorn and stir to coat. Sprinkle with remaining cheese and bacon and serve immediately. FPT

American Chop Suey

Supplies:

- 1 (16 ounce) package uncooked elbow macaroni
- 1-pound lean ground beef
- 2 (10.75 ounce) cans condensed tomato soup
- Salt and pepper to taste

How To:

1. Cook macaroni according to package directions.
2. In a separate large skillet over medium high heat, saute the ground beef for 5 to 10 minutes, or until meat is browned and crumbly. Drain thoroughly and leave the meat in the skillet. Pour the two cans of tomato soup into the skillet and stir well to combine.
3. When noodles are done, drain thoroughly and return noodles to the pot. Add the hamburger mixture from the skillet to the pot. Mix well and season with salt and pepper to taste. FPT

Chocolate Covered Marshmallow Eggs

Supplies:

- hard boiled egg
- 2 Envelopes unflavored gelatin (4 tsp.)
- 1 TBS Cold water
- 1 cup boiling water
- 2 cups sugar
- 1/2 tsp vanilla
- 1 box vanilla wafers
- 2 (8 oz.) chocolate bars & 1/2 stick paraffin
- 1 pound dipping chocolate

How To:

Fill four 9 x 13 inch pans with flour. Use the egg to make egg impressions in the flour. Dissolve gelatin in cold water (to soften). Stir in boiling water. Add 2 cups sugar and vanilla; whisk until soft peaks form. Spoon immediately into egg impressions and lay a vanilla wafer on top (curved side down). Let set. Melt chocolate and wax. Shake flour from marshmallow egg and dip in chocolate. Lay on waxed paper. Allow to set. Decorate with colored frosting if desired. FPT

Easter Nest's

Supplies:

- 1 pound Coconut -- shredded
- 1 pound White chocolate -- OR
- 1 pound Green coating
- 1 pound Small Jelly Beans

How To:

Melt your coating mix. If you have white chocolate just add a drop or two of green coloring (do not use the liquid kind) so that it is a light green. In bowl of melted coating mix in the coconut. Spoon out on was paper, put a indentation in middle to look like a nest, and add the small jelly beans. FPT

Do It Now By: Anonymous

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine.

I got to thinking one day about all those people on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible.

How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word "refrigeration" mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched 'Jeopardy' on television?

I cannot count the times I called my sister and said, "How about going to lunch in a half hour?" She would gas up and stammer, "I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast, It looks like rain." And my personal favorite: "It's Monday." She died a few years ago. We never did have lunch together.

Because Americans cram so much into their lives, we tend to schedule our headaches.. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect!

We'll go back and visit the grandparents when we get Steve toilet-trained. We'll entertain when we replace the living-room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of "I'm going to," "I plan on," and "Some-day, when things are settled down a bit."

When anyone calls my 'seize the moment' friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you're ready to trade your bad feet for a pair of Rollerblades and skip an elevator for a bungee cord.

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process. The

other day, I stopped the car and bought a triple-decker. If my car had hit an iceberg on the way home, I would have died happy.

Now...go on and have a nice day. Do something you WANT to.....not something on your SHOULD DO list. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?

Have you ever watched kids playing on a merry go round or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask "How are you?" Do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, "We'll do it tomorrow." And in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say "Hi"?

When you worry and hurry through your day, it is like an unopened gift....Thrown away.... Life is not a race. Take it slower. Hear the music before the song is over.

"Life may not be the party we hoped for... but while we are here we might as well dance!" FPT

SUDOKU REALLY HARD

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

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters A through I only once. Look in next month's issue for the answer to this month's puzzle.

- Q. How do you catch the Easter Bunny?
A. Hide in the bushes and make a noise like a carrot!
- Q. How do you make a rabbit stew?
A. Make it wait for 3 hours!
- Q. How many chocolate bunnies can you put into an empty Easter basket?
A. Only one- after that, it's not empty!
- Q. Why did the Easter egg hide?
A. He was a little chicken!

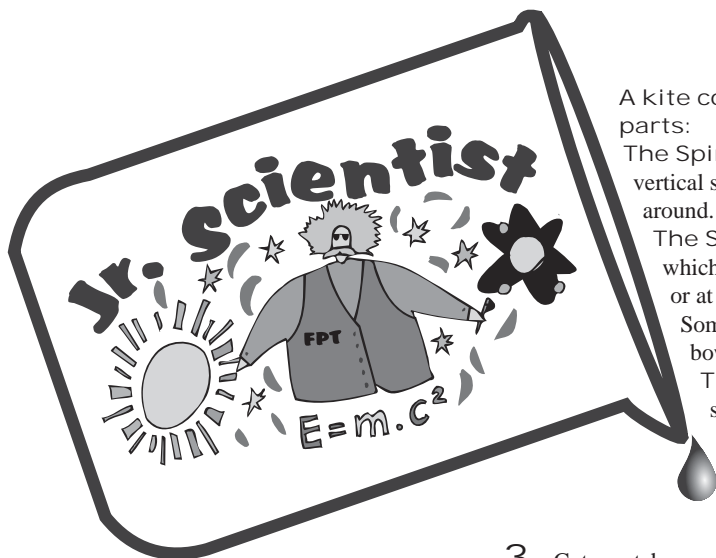
Sudoku Medium answer from March

F	I	D	E	G	H	C	A	B
B	A	H	F	C	I	G	D	E
E	C	G	D	A	B	I	H	F
H	F	C	B	E	A	D	I	G
I	E	A	G	F	D	B	C	H
G	D	B	I	H	C	E	F	A
D	G	I	H	B	F	A	E	C
A	B	F	C	D	E	H	G	I
C	H	E	A	I	G	F	B	D

ALWAYS WEAR SAFETY GOGGLES & ALWAYS HAVE ADULT SUPERVISION!

By: Family Pastime Staff

Make Your Own Kite



A kite consists of these basic parts:

The Spine. The up-and-down, or vertical stick that you build your kite around.

The Spar. The support stick(s), which are placed crossways or at a slant over the spine.

Sometimes they are curved or bowed.

The Frame. The joined spine and spars, usually with a string connecting their ends, that forms the shape

of the kite to make a support for the cover.

The Cover. The paper, plastic, or cloth, that covers the frame to make a kite.

The Bridle. One or more strings attached to the spine or spars, which help control the kite in the air.

The Flying Line. The string running from the kites' bridle, where you hold to fly the kite.

The Tail. A long strip of paper or plastic of ribbon that helps to balance the kite in flight. Not all kites need tails.

The Reel. The object you use to wind your flying line, to keep it from getting tangled or flying away.

DIAMOND KITE

Supplies:

Sturdy string

Scotch tape or glue

1 sheet of strong paper (40" x 40")

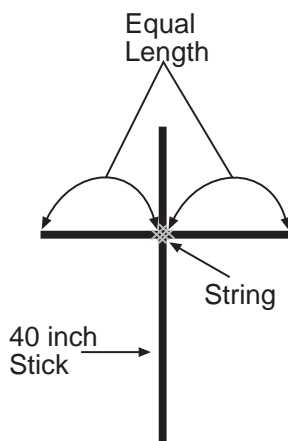
2 strong, straight wooden sticks of bamboo or wooden doweling 35.5 inches and 40 inches

Markers, paint or crayons to decorate you kite.

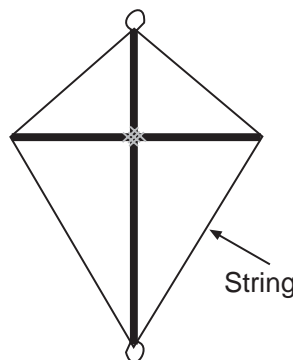
How To:

1. Make a cross with the two sticks, with the shorter stick placed horizontally across the longer stick. Make sure center the cross piece.

2. Tie the two sticks together with the string so that they are at right angles to each other. You may wish to put a little glue on the joint for strength.



3. Cut a notch at each end of both sticks. Make it deep enough for the type of string you are using to fit into it. Cut a piece of string long enough to stretch all around the kite frame. Make a loop in the top notch and fasten it by wrapping the string around the stick. Stretch the string through the notch at one end of the cross-piece, and make another loop at the bottom. Stretch the string through the notch at one end of the loop at the bottom. Stretch the string through the notch at the other end of the cross-piece. Finish by wrapping the string a few times around the top of the stick and cutting off what you don't need. This string frame must be taut, but not so tight that it warps the sticks.



4. Lay the Cover material flat and place the stick frame face down on top. Cut around it, leaving about an inch or an inch and a half for a margin. Fold these edges over the string frame and tape or glue them down so that the material is tight.

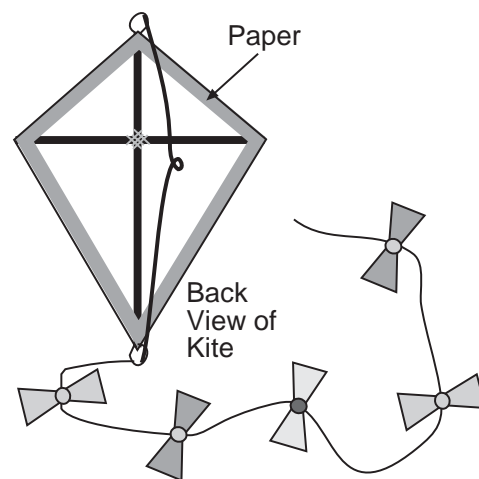
5. Cut a piece of string about 48 inches long

and tie one end to the loop at the top and the other end of the string to the loop at the bottom.

Tie another small loop in the string just above the intersection of the two cross pieces. This will be the kite's bridle, the string to which the flying line is attached.

6. Make a tail by tying a small ribbon roughly every 4 inches along the length of string. Attach the tail to the loop at the bottom of the kite.

7. Decorate! FPT





Fun Family Events APRIL

Send information on your upcoming events to: events@familypastime.com or Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

Alcohol Awareness Month Appreciate Diversity Month Cancer Control Month Child Abuse Prevention Month	International Daffynitions International Twit Award Jazz Appreciation Month	Month of the Young Child Keep America Beautiful Month	National Humor Month National Kite Month National Poetry Month	Straw Hat Month National Autism Awareness Month
---------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------	----------------------------------------------------------	----------------------------------------------------------------------	----------------------------------------------------

April 1 April Fool's, Fun Day, Love Our Children Day
 April 2 Daylight Savings begins, Check Your Batteries Day, Peanut Butter and Jelly Day, National Library Week
 April 3 National Workplace Napping Day
 MSHA, Diabetes: Nutrition Basics. Health Resources Center - Annex Classroom. Noon-1:30 FREE. (423) 952-3700
 Grief Recovery Health Resources Center - Annex Classroom. 6:30 pm-8:00pm FREE. (423) 952-3700
 April 4 JC Lib. K-1 Story Stretchers, "Peter Rabbit" 4p
 April 5 Stories Day
 MSHA: Infant Care Basics. Johnson City Medical Center, Center for Women's Health Conference Room 7p-9p
 J.C. Library: 10a 2's Company Bunny Hop. 11a Preschool storytime Bunny Hop.
 April 6 National Fun at Work Day, Chris' Birthday
 Science Hill High School will host it's Annual Rising Eighth Grade Meeting 6:30PM. PTSA elections.
 J.C. Library: 10a 2's Company Bunny Hop. 11a Preschool storytime Bunny Hop.
 12:30 PM - Tax Assistance
 4:00 PM - 2nd - 5th Grade Library Explorers Poetic Poets
 April 7 No Housework Day
 MSHA: Prenatal Loss Support Group. Health Resources Center - Annex Classroom 6p-7:30p FREE 952-3700
 J.C. Library: 10a 2's Company Bunny Hop. 11a Preschool storytime Bunny Hop.
 April 8 Tutor Appreciation Day
 Sycamore Shoals Historic Shaker Oval Boxes (Part 1 of 2) 9 am - 4 pm Workshop: Leather Shooting Bags 9 am - 4 pm, Sharp Top Basket with Diamonds 9 am - 4 pm
 J.C. Library: 1:00 PM Bilingual (Spanish/English) Storytime with Señor Fernando De Sousa
 Hands On Museum: Zoomobile Join us for a visit from the Knoxville Zoo Zoomobile from 11:00-1:00
 Art Studio: Animal Camouflage Art
 April 9 Winston Churchill Day
 Hands On Museum: Art Studio: Animal Camouflage art
 J.C. Library: 2:00 PM Movie *Swiss Family Robinson*
 April 10 Sibling Day, Salvation Army Founder's Day
 MSHA: Infant Massage-4 part series. Health Resources Center - Annex Classroom 1p-2p FREE 952-3700
 J.C. Library: 6:30 PM Family Storytime Easter
 April 11 Barbershop Quartet Day
 J.C. Library: 6:30 PM TEEN Movie Dead Poet's Society
 April 12 Licorice Day,
 JC Library: 10a 2's C. Easter. 11a Preschool storytime.
 MSHA: Breastfeeding

Basics, Johnson City Medical Center, Center for Women's Health Conference Room 7p-9p. 423-952-3700
 April 13 National D.A.R.E. Day
 MSHA: MomSense support group for Moms. Health Resources Center - Annex Classroom. 10:30a-11:30a FREE 952-3700
 JC Library: 10a 2's Co. Easter. 11a Preschool storytime. 12:30 PM - Tax Assistance
 4 PM -B & C's / 2 - 5 Grade
 4:00 PM TEEN Book Talk YA Author John Halliday
 5:30 PM Friends of the Library Program with John Halliday
 7:00 PM Adult Book Group Bee Season by M. Goldberg
 April 14 International Moment of Laughter Day
 JC Library: 10a 2's Co. Easter. 11a Preschool storytime.
 April 15 Take a Wild Guess Day
 Hands On Museum: Easter Saturday. Learn about dyes and dying eggs in the Eastman Discovery Lab
 Art Studio: Expressive Faces
 J.C. Library: 1:00 PM 2's Company, 2 PM Preschool Storytime
 April 16 National Eggs Benedict Day
 Rocky Mt. Woolly Day. 11AM- 5PM. Sheep shearing, music, storytelling and activities relating to springtime
 April 17 Blah! Blah! Blah! Day, Income Tax Pay Day
 J.C. Library: 6:30 PM Family Storytime Quackers Duck MOMS Club of Johnson City, 9:30am - 11:30am at Munsey Memorial United Methodist Church. 423-753-3891
 April 18 Stress Awareness Day, Wear Your Pajamas To Work Day, Tax Freedom Day
 J.C. Library: 4:00 PM K-1 Story Stretchers Madeline
 April 19 Garlic Day
 J.C. Library: 10:00 AM 2's Company Quackers - Duck Fun, 11:00 AM Preschool Storytime Quackers - Duck Fun
 April 20 J.C. Library: 10a 2's Company. 11a Preschool storytime. 10:30 - 11:30 AM Adult Book Discussion Bee Season by M. Goldberg
 4:00 PM - 2nd - 5th Grade Library Explorers Exercise with JCMC Wellness Center
 Sycamore Shoals: 6:00 pm Landscape Seminar
 April 21 Kindergarten Day
 J.C. Library: 10a 2's Company. 11a Preschool storytime. Johnson City Schools Kindergarten Tree Program at Science Hill High School 11AM. Kindergartners from all eight Johnson City elementary schools will bring soil from their school to plant a tree in honor of their graduation in 2018.

April 22 Earth Day, National Jelly Bean Day
 Sycamore Shoals: 9:00 am Plant Auction
 Making a Native American Flute 10 am - 4 pm
 Hands On Museum: SpongeBob SquarePants 11:00-1:00.
 Art Studio: Go Fly a Kite! Make your very own kite.
 Science Hill High School Great American Clean Up Day from 9AM-Noon.
 Friends of the J.C. Library BOOK SALE Members Preview 9:00 - 10:00 AM Open to Public 10:00 AM -3:00 PM
 April 23 World Book & Copyright Day
 Sycamore Shoals: Workshop: Playing a Native American Flute 12 - 4 pm
 Hands On Museum Art Studio: Make your very own kite.
 J.C. Library: 2:00 PM Movie Theater @ Your Library Harry Potter and the Goblet of Fire
 April 24 National Pigs In A Blanket Day
 J.C. Library: 6:30 PM Family Storytime April Showers
 April 25 National Teach Your Children To Save Day
 Freedom Hall Civic Center The Full Monty Broadway.
 J.C. Library: 6:30 PM TEEN Coffee House Poetry Reading
 April 26 Secretary's Day, Hug An Australian Day
 J.C. Library: 10 AM 2's Company April Showers, 11 AM Preschool Storytime April Showers
 April 27 Take Our Daughters & Sons to Work Day
 J.C. Library: 10 AM 2's Company April Showers, 11 AM Preschool Storytime April Showers
 VOLUNTEER Appreciation Luncheon 12:00 PM
 Noon-1 PM Adult Book Discussion Season by M. Goldberg
 MSHA: MomSense support group for Moms. Health Resources Center - Annex Classroom. 10:30a-11:30a FREE 952-3700
 April 28 Arbor Day
 J.C. Library: 10:00 AM 2's Company April Showers, 11:00 AM Preschool Storytime April Showers
 4/28-4/30 Appalachian Fairgrounds. 13th Annual Appalachian Antique Farm Show
 April 29 National Shrimp Scampi Day
 Sycamore Shoals Workshop: Spinning Fiber 11 am- 3 pm
 4/29 & 4/30 Workshop: Making Stone Tools 10 am - 4 pm
 7: 00 PM Roan Mt. Hilltoppers, Mountain Rhythm Cloggers
 The Exchange Place Kingsport, Spring Garden Fair 10 am-5 pm 4/29 & 12-5 pm 4/30 423-288-6071
 Hands On Museum Art Studio: Andy Warhol Pop Art
 J.C. Library: VolunTEEN Appreciation Ice Cream Social 2:00 PM
 April 30 National Honesty Day, Spank Out Day
 Sycamore Shoals: Sunday Jams at the Park 1-4 pm
 Workshop: Spinning Fiber - Intermediate 1 - 4 pm
 Hands On Museum Art Studio: Andy Warhol Pop Art



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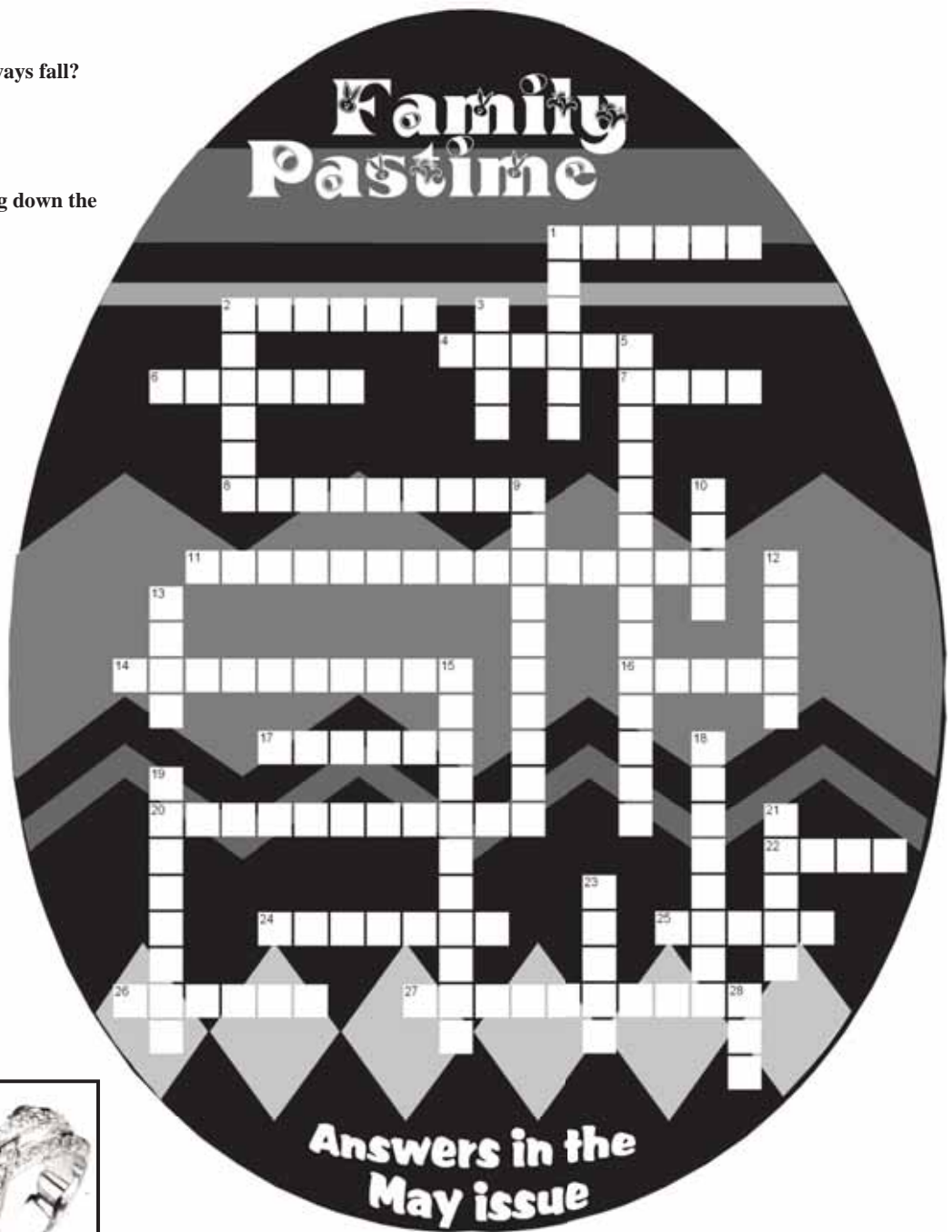
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Across

- 1. The Easter Bunny carries eggs in this.
- 2. On what day of the week does Easter always fall?
- 4. Lunch on a sunny day
- 6. Nobody likes it if it rains on this
- 7. What you do to find eggs
- 8. An outside hobby
- 11. "Here he comes _____ hopping down the bunny trail."
- 14. Small colorful legume shaped candy
- 16. Perennials
- 17. Jesus rose on this day
- 20. He brings treats for children on Easter
- 22. Decorate these for Easter
- 24. "April showers bring May _____."
- 25. This is a kite day
- 26. The color of your Easter dress
- 27. How are eggs cooked before hiding?

Down

- 1. Special Easter hat
- 2. The season of Easter
- 3. Rhymes with flight
- 5. Hollow ones are good but solid ones are better
- 9. What we call the day Jesus was crucified
- 10. Traditional Easter flower
- 12. You find this in the bottom of your basket
- 13. Yellow, marshmallow chick
- 15. School's out
- 18. Black jelly beans
- 19. Everybody gets a pair
- 21. Plant these
- 23. Orlando _____
- 28. A way to color eggs



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 Saturday 10am - 4pm

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Cyber Safety

Continued from page 16

- **Category Filters**
- **Key Word Filtering** - This allows you to control what may be returned through a search engine.
- **Editable Filter Lists** - You want to be able to choose the level of filtering that is appropriate for the intended user.
- **Chat Filtering**
- **Chat Monitoring**
- **Chat Blocking**
- **Newsgroup Blocking**
- **IM Port Blocking**
- **Peer-to-peer Blocking**
- **FTP Blocking**
- **Email Filtering**
- **Email Blocking**
- **Popup Blocking**
- **Usage Logging** - This allows you to view the visited sites.
- **Time Control** - This allows you to set a time limit on how long a user may be online each day.
- **Schedule Time** - This allows you to set what time of day the Internet may be accessed.

These are many of the features you should look for in a good Web Filtering Software package. Another thing you will want to research is the ease of installation and the ease of implementation. If you have trouble configuring the software it will be a bad choice for you. Another consideration is not only the price, but also whether or not there is a yearly subscription price or free updates. The best idea is to download free trials and test them for yourself. Some names to look for include:

- **Safe Eyes** (www.safeeyes.com) This package is both PC and Mac compatible and was rated highest by consumer reports in June of 2005. You can read about it and others rated by going to www.consumerreports.org and searching for "Web Filtering". I tested this software on my PC and am very pleased with it. I did not test on my Mac but I assume it will work with the same success. It offers most if not all of the recommendations above. It works for every browser I tested, and I have a bunch. It allows you to set up multiple user accounts with different filtering profiles. It also allows you to install

it on up to three different computers.

- **Cyber Sitter** (www.cybersitter.com), which was an Editor's Choice of PC Magazine August 2004. Go to www.pcmag.com and search "Filtering Software".
- **Net Nanny** (www.netnanny.com)
- **Content Watch** (www.contentwatch.com) Rated highest by www.child-internet-safety.com
- **Cyber Patrol** (www.cyberpatrol.com)

Browsers

Besides adding a filter to you existing browser, there are browsers designed just for children.

- **BumperCar** (www.freeverse.com) Mac only. If you have a Mac you will want to look at this one. It has many of the filter options suggested above plus it is designed with a kid-friendly interface. Like a typical browser it allows children to type in any site they want, even search engines. If the site they click on contains blocked material a page comes up informing them that they cannot view that site. It also allows children to save favorite sites to a favorites list for easy browsing. I tried this one on my Mac and was very pleased with it.
- **Kid Rocket** (www.kidrocket.org) PC only. Kid Rocket has a nice kid-friendly interface. The problem I see with Kid Rocket is that a user can only go to a handful of already determined (by Kid Rocket) sites. The sites are safe but it is very restrictive. A child cannot go to any site they want and they cannot search.
- **KidSplorer** (www.devicod.com) PC only. I tried this one and was less than impressed. It does offer time management and customizable access levels, however at the most restrictive setting I was still able to get to many objectionable sites.
- **KidsBrowser 3.5** Mac only (www.ap4mac.com) I tested this one and was very disappointed. I was able to get to many objectionable sites. It seems to block text (which you have to configure all the terms), but not images.

The bottom line is, the only way to be 100% safe is to remove access to the Internet from every

computer in the world. Since this is unlikely to happen, if you talk with your family about safe surfing habits, choose a good application, spend time surfing with your children, and monitoring them when they surf you can avoid the possibility of them accessing inappropriate material. It makes life better for them, better for you, and better for our community. FPT

Q. Why was the Easter Bunny so upset?

A. He was having a bad hare day!

Q. How does the Easter bunny keep his fur neat?

A. With a hare-brush!

Q. What kind of books do rabbits like?

A. Ones with hoppy endings!

Q. What do you call a dumb bunny?

A. A hare-brain!

Q. Why does the Easter bunny have a shiny nose?

A. Because the powder puff is on the other end!

Q. How did the soggy Easter Bunny dry himself?

A. With a hare dryer!

Q. How does a rabbit keep his fur looking good?

A. With hare spray!

Q. What did the rabbits do after their wedding?

A. They went on a bunnymoon!

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"Braggin rights" is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things "above and beyond". Its not for money or fame, they do them because, "That's what you do". Well we at Family Pastime Magazine would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights** at Family Pastime P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to bragginrights@familypastime.com

Please send us information about someone you know we should include in "braggin rights!"

Self Esteem

Continued from page 9

who forgets their sin. Parents may not completely forget, but they can cease conversation about a child's past mistakes so the child experiences the love of forgiveness. Otherwise the child feels "unforgiven", overly guilty, and may develop low sense of self.

Good parenting also requires each child's positive personality traits be identified and praised. The most highly energetic child often exasperates parents.

This child should be told, "I love your energy! You can get so many things done." Obviously these children need to be taught there are times to act calmly. They also need, however, to know their own unique traits are wonderful attributes. The more "laid back" child might be told, "I love

the way you can be calm. It is such a pleasant thing to see." Some children will be more outgoing and others will be shy. Some will be more athletic and others more studious. Some will be both. It is sad when parents interpret these traits negatively. Portray your child's unique qualities positively. They need it.

The next emphasis may sound somewhat simplistic. It may also be one of the most important. Not only should the parent communicate positively to their children, they should also see their children positively. What is the difference? It is one thing to make a positive statement. It is another thing to really believe it. Many parents may say, "But I love my child." This would likely be true. Many parents, however, live highly stressful lives and

may interpret some sources of stress, like their child's behavior, negatively. When parents learn to frame their child's traits positively, the parent will come across more loving. There will be more smiles than frowns. There will be more complements than criticism. There will be more peace and less hostility. There will also be a greater desire on the part of the parent to be active in the child's life. Children notice these things. They may not know how to put it into words, but they notice it and they love it. They are enjoying a life with parents who are teaching them that they are extremely valuable.

Finally, spend time with your children. Spend a lot of time with your children. A child may perceive an absent, unavailable parents as sending the message "I don't want to be with you". Playing with your child is not only companionship, it is love. Sitting and listening to your teenager is not only providing attention, it sends the message that what you have to say is important to me because you are important to me. Yes, parents need to offer their children space to live their own lives and it is possible to smother children with an overly protective presence. It is also possible to spend much time with them and still allow their ever-growing independence. A child with a healthy self-esteem

is likely to have the awareness that their parents trust them enough to allow independence, yet love to be with them. The message "I love to be with you" is extraordinarily powerful. Each of the above principles is sometimes challenging, but not impossible. They require hard work and they are worth it. FPT

Q. What did one colored egg say to the other?
A. "Heard any good yolks lately?"
Q. What's yellow, has long ears, and grows on trees?
A. The Easter Bunana!

Type II Diabetes

By: Patsy Meridith

Type II Diabetes affects an estimated 20 million Americans. Costing us over \$130 billion a year, Type II Diabetes is quickly rising to epidemic proportions due to increased obesity and sedentary lifestyles. As many as 90% of those with Type II Diabetes are overweight and must manage symptoms such as fatigue, irritability and cravings, caused by fluctuating blood sugar levels. A whole food diet with plenty of fiber, adequate physical activity, and keeping weight within a normal range can usually control the symptoms of Type II Diabetes, but if you need more help, a recommendation is Glucose Balance, a blend of herbal extracts that has been clinically-proven to balance blood sugar, stabilize insulin, and reduce cravings. It contains gymnema, bitter melon, ginseng, fenugreek, green tea, milk thistle, and yacon, a Peruvian root know for its value to diabetics.



How do you determine if your child still needs a booster seat? Below is a simple 5-step test to help you determine their need...

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the whole trip?

If you answered NO to any of these questions, your child needs a booster seat to ride SAFELY in the car.

If you have any questions or would like to have your child seat inspected by a Sheriff's technician, please feel free to contact the Washington County Sheriff's Office at 423-461-1414.

Information obtained from the Governors Highway Safety Office.

Age/Weight/Height	Type of Seat	Location of Seat
0-1 year 20 lbs. or less	Rear-facing	Rear seat if available
1-3 years greater than 20 lbs	Forward-facing	Rear seat if available
4-8 years & Less than 4'9" foot tall (change as of 1 July 2005)	Belt Positioning Booster Seat	Rear seat if available
9-12 yrs or over 4'9" foot tall	Seat belt system	Rear seat recommended
13 yrs through 17 yrs	Must be belted	Must be belted

Help Wanted

Are you looking for a great job where you can make your own hours and set your own pace? Join the Family Pastime family and help spread the good word about family fun and joy. We are currently looking for sales people. Send your resume' to: v or Family Pastime Magazine P.O. Box 3161 Johnson City, TN 37602-3161. We will be setting up interviews within the next few weeks.

KID POWER

Saturday May 6, 2006 will mark the annual Kid Power event at the Appalachian Fairgrounds in Gray, TN from 10:00 am until 3:00 pm. This is a great opportunity to help celebrate and empower kids in our region. Kid Power will offer a variety of children's activities including. Performances from area dancers, singers, games, face painting, demonstrations a cave exhibit and more including displays from those that provide services to children and families in the region. Plan to bring you family or if you wish to set up a booth contact Kid Power at 423.434.1790

Q. A man wanted an Easter pet for his daughter. He looked at a baby chick and a baby duck. They were both very cute, but he decided to buy the baby chick. Do you know why?
 A. The baby chick was a little cheeper! (cheaper)



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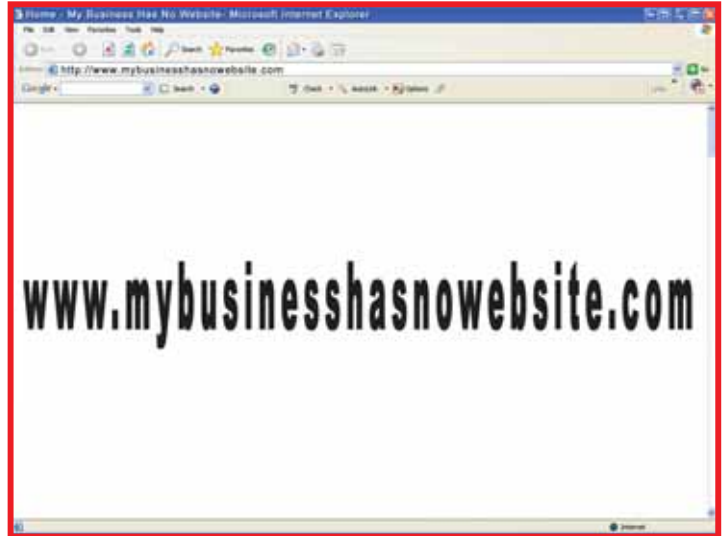
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