

Family Pastime Magazine is one year old this month. The past year has gone by so fast we can't believe it. It hasn't been easy but it has been fun, fulfilling and truly a labor of love. You, the readers have been great. We continually run into people anxious to get the next issue and tell us how happy they are that we publish a magazine dedicated to families. Subscriptions are growing and advertisers are increasing. **THANK YOU.** Our goal is to help families grow closer, supply families with ideas of fun things to do



together, and encourage families to spend quality time together. We would love it if you would help us make this publication even better. In honor of our one year anniversary we have chosen to re-run some of the more popular articles from the past year also inside on page 13 and on the website (www.familypastime.com) you will find a survey. Please take a minute to fill it out and send it in. Your feedback is valuable in helping to shape where we go from here.

We also want to thank our advertisers. Without their support we would not be able to continue. Please take a minute to visit some of our sponsors and if you feel comfortable, tell them you too appreciate their support of **Family Pastime Magazine. FPT**



Swimmin' Hole

By: Chris Joker

Elk River Falls, NC. Now THIS is a swimming hole. Recently, on a whim, I took the kids there. I had passed the sign for years and never given it a second thought but this



Sunday we decided to check it out. We were not disappointed. It's a little far off the main road (19E) but well worth the drive. There are signs to help you along the way from 19E however, be patient, we almost gave up and turned around because I wasn't sure if we would find it but we persevered and were rewarded with a beautiful waterfall and great place

to cool off. My research says the falls are between 65 and 85 feet the main pool is relatively easy to enter over the rocks however they are slippery at parts and as with anytime you are swimming in a natural setting you must be cautious of unexpected rocks underwater.



Elk River Falls

At the base of the big pool there is a small (3 foot) fall, which empties into another smaller pool. The current is rather strong so use care. I got quite a workout swimming against the current in the big pool from the bottom of the pool to the falls. While we were there several crazy young people jumped from the top of the falls into the pool below. While this looks like fun and might be exciting, I have read reports of deaths from this practice so please do not attempt it.

Please see "Falls" on page 12

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REGULAR FEATURES:

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AUGUST MONTHLY OBSERVANCES

- | | |
|---|---|
| <ul style="list-style-type: none"> • Black Business Month • Cataract Awareness Month • Children's Eye Health & Safety Month • Children's Vision & Learning Month • Family Meal Month • Get Ready for Kindergarten Month | <ul style="list-style-type: none"> • Happiness Happens Month • National Immunization Awareness Month • National Inventor's Month • National Win With Civility Month • Spinal Muscular Atrophy Awareness Month |
|---|---|

AUGUST WEEKLY OBSERVANCES

- | | |
|---|---|
| <ul style="list-style-type: none"> • Simplify Your Life Week: 1-7 • Exhibitor Appreciation Week: 7-11 • World Breastfeeding Week: 1-7 • Psychic Week: 7-11 • National Fraud Awareness Week: 4-10 (sponsored by the FCC and has to do with phone & mail fraud.) • Knights of Columbus Family Week: 12-18 • Don't Wait! Celebrate! : 7-13 | <ul style="list-style-type: none"> • Sturgis Bike Rally: 7-13 • Elvis Week: 8-16 • National Resurrect Romance Week: 13-19 • Thanks For All The Gifts Week: 13-19 • Weird Contest Week: 14-18 • National Aviation Week: 14-20 • Save Your Smile Week: 20-26 • Be Kind To Humankind Week: 25-31 |
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When Investing for Kids, Decide Who Owns What

To make sure your kids have some money when they start out their adult lives, you'll want to start saving and investing for them when they are young. But what's the best way to do that?

Start by deciding on an ownership structure. In other words, whom do you want to own the investments? You or your children? If you want to be the owner, you may want to set up a Section 529 plan. All withdrawals will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named - typically, your child or grandchild. (However, the money will appear as income on the child's tax return.) This tax benefit is effective through 2010, unless extended by the U.S. Congress. Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes.

One of the biggest advantages of a Section 529 plan is that you own the account. You decide who will get the money and when he or she will get it. You can even change the beneficiary to another family member. And because you can contribute large amounts of money to the plan, you can reduce the

size of your taxable estate. While most 529 plans offer a lifetime contribution of at least \$250,000, the yearly contribution is \$11,000 without incurring the federal gift tax provided additional gifts are not made. Consult with your tax advisor before making any decisions.

Children as owners

If you want your children to own investments you've earmarked for them, you may want to establish either a custodial account or a Roth IRA. Let's take a quick look at both:

- **Custodial accounts** - You can set up a custodial account as established by either the Uniform Gift to Minors Act (UGMA) or the Uniform Transfers to Minors Act (UTMA). This type of account may offer you some tax advantages. In an UGMA or UTMA account, the first \$800 of investment income is tax-free to a child under 14; the next \$800 is taxed at the child's rate, and any amount over \$1,600 will be taxed at your rate. After children reach 14, all their investment income is taxed at their rate. You should consult your tax professional for more information.

However, you will have to balance the potential tax benefits of an UGMA/UTMA account against another factor: loss of ownership. While your children are minors, you can still own the account, but once they reach the age of majority,

then the money is theirs to do with as they please - and what they choose may not please you.

- **Roth IRA** - By setting up a Roth IRA for your children, you could gain some important benefits. First, a Roth IRA's earnings grow tax free, provided certain conditions are met. If withdrawals from Roth IRAs are made in the same tax year they were contributed, it would be as if they did not occur. Also, the IRS tax code states that tax and penalty fee distributions must meet certain qualifications. But withdrawals cannot be used for any purpose. Again, you should consult your tax advisor before making any decisions. Keep in mind, though, that your children must have earned income if they are going to open a Roth IRA. Consequently, this type of account may be more suitable for children who are at least old enough to earn money.

Start investing early. No matter what type of ownership arrangement or investment accounts you choose, start investing early. Your children may only want Power Rangers or Dora the Explorer dolls right now, but, before you know it, they'll need college tuition, a car or a down payment on a home. Do what you can to be ready for those days. **FPT**

*Provided By: Lyndsey Wortman
Edward Jones Investment Representative*

5 Tips on How to Survive Back-to-School Shopping

(NewsUSA) If you are like millions of other time-starved parents, the thought of back-to-school shopping leaves you feeling stressed and wondering how you can possibly get it all done within your budget and in the limited time you have. Take advantage of these parent-tested, time-saving tips this year and get your children ready for back-to-school in record time - without busting your budget:

1. Start with a plan: Create a master back-to-school shopping list and

budget for each child. Discuss the list and ask your kids what items or brands they want most. Let them help make the budget trade-offs. For example, if they want an expensive pair of shoes, they need to spend less on the backpack or clothes.

2. Closet-cleaning giveaway: Before you start shopping, clean out the closet. Sort through the clothes with each of your children, setting aside items that still fit and giving the rest away to charity.

3. Get the help of a free online personal

shopper: Take advantage of PersonalShopper.com, and join over half of the parents in America who plan to do their back-to-school shopping online, according to a national survey by MedeliaMonitor. This free service saves you time and money by sifting through millions of products to find deals and items tailored to your family's needs and interests. Your children can browse a selection of items from favorite brands, styles and colors and save what they love most to their online wish list. You can

Please see "5 Tips" on the next page

Quiet Mouse

Originally printed **FPT** 8/05

I am writing this because if I don't I will forget it ever happened. I already don't believe it happened so maybe referring to this document will help convince me it really did.

First let me say, if you have children you know they are loud. If you have more than one child they are LOUDER and if you have my daughter... Let me just say I am exploring options for a loud scholarship. If I can find a University that offers a full scholarship for loudness, we're there.

Back to my story, I was at home with the kids. We had just finished dinner, I was cleaning up and they were... I'm really not sure what they were doing but they were doing it in the kitchen and, of course, it was loud. Now I don't know how the idea first occurred to me. It's insane that it would and if I had thought before I spoke I probably would have dismissed it out of hand and never brought it up again. I said, in a calm, low tone (the kind of tone that is internationally known by children of all ages as the "Daddy is close to the end of his rope" tone) I said, "let's see who can be the quietest." That's all I said. What happened next is nothing short of a bonified child-rearing miracle. I don't know what actually made it work. Maybe the fumes they were inhaling from the exact combination of macaroni and cheese, baked beans, applesauce and ketchup on their shirts. Maybe it was ingesting just the right amount of playdoh, dog treats and marshmallows? Who knows? Sufficed

to say that combination will never occur again.

My son replied, "let's play quiet mouse". I raised an eyebrow. My



By **Chris Joker**

daughter excitedly concurred, "Yes, yes Daddy let's play quiet mouse!" I have never in my life heard of quiet mouse. But being the quick thinking kind of father that I am I immediately put quiet and my children together and decided nothing bad can come of this. I can't lose. Anytime you can play something with your child that includes the word "quiet" you have to do it. I still don't believe what happened next. They both got quiet. Believe me when I tell you silence was never, for anyone, so golden. I almost went into shock. They were quiet. Quiet enough, I don't doubt that if I had turned on the garbage disposal, I would have actually heard it. My son whispered, "whose the winner Daddy?" Winner? No, the game can't be over yet; this can't be so. This, this mouse is nothing but a tease. I felt the silence slipping away like a happy meal toy down the toilet. And then I calmly whispered, "The game isn't over until Daddy finishes cleaning up the kitchen." This is when I knew I had grabbed that plastic movie

action figure by the last visible lock of purple hair and pulled it from the swirling waters. They fell for it. We continued with the game. By the end of this game our kitchen was so clean you could actually eat off the table. I cleaned things I didn't even know could be cleaned and some that couldn't. I squeezed every bit of quiet out of that mouse. Somehow we held on all the way through my cleaning every cube in the ice bin.

Somewhere in the midst of the game I realized I would have to pick a winner. This would be a bad thing. I could already hear the bickering in my head over how "NO FAIR, I WAS A QUIETER MOUSE THAN HER/HIM". I imagined the fray that would ensue to be of such magnitude that it would actually reverse all the good that had been done during the game of quiet mouse.

Somewhere in the back of my mind I remembered reading an article on the power of "positive reinforcement". Positive reinforcement was my answer. After I finished dusting the bologna and knowing I could drag this out no further, I declared... a tie! I had the two quietest mice ever. The thing about quiet mice is they love (positive reinforcement) to go shopping at Best Buy.

I now have two quiet mice with their own 32" plasma screen TVs in their rooms and a huge credit card debt. But in addition to the memories of the few short moments of true silence I also have a new pursuit, finding a university with a quiet mouse team. The scholarship is as good as ours. **FPT**

5 Tips continued fro previous page

then review it together and make your purchases from the comfort of your own home.

4. It's best one-on-one: Schedule a back-to-school shopping date with each child, giving them your undivided attention. They grow up so fast, so invest your time in making lasting memories.

5. Snag sweet deals: Sixty-four percent of parents in the survey said that one of the biggest challenges is keeping themselves and their children within the set budget. Share with each child the amount you can afford to spend. Teach them to value your hard-earned money and how to stretch the budget as far as possible by making smart choices. They

will soon learn that they can get far more for their money by searching the sales first.

For more information, visit www.personalshopper.com. **FPT**

Survival Tips for Parents of College-Bound Kids

You once savored that wonderful time of the year when your youngsters went back to school. Ah, the free time ... at last some emotional and financial relief from keeping the kids entertained throughout the summer! But now your bundle of joy is college-bound and you both face new, monumental challenges.

In a recent study by Key Education Resources, 66 percent of parents are surprised by the cost of ancillary expenses like books, utilities, groceries, entertainment, cell phones, computer software, transportation and travel. If it's starting to look like your only hope of continued solvency is to disown your offspring, don't despair. With planning and creativity, you can both survive back-to-school days at the college level.

Here are five tips to take you through that first, most challenging semester:

1. Buy all your child's needed books at the beginning of the semester. Buying books immediately will help your student stay on top of reading assignments and avoid the stress of hunting for out of stock books. If the cost of buying new on campus leaves you gasping for air, consider buying used or discount shopping online.
2. If your family tells you how proud they are that Tommy or Susie is college bound, smile sweetly and ask them to get involved. Encourage everyone to gather up loose change throughout their homes - the average American household has about \$99 in spare change - and donate it to the cause. Equip your youngster's dorm room with a coin jar where your new freshman can also save spare change. Get free coin counting now at supermarket Coinstar machines by applying the coins toward gift certificates of particular interest to college students, like Amazon.com, iTunes, Eddie Bauer, Pier 1 Imports,

Linens 'n Things, Borders/Waldenbooks and even Starbucks. To find a Coinstar location near you, visit www.coinstar.com.

3. Forego the cost of putting a telephone in your student's apartment or dorm room, since he or she probably already has a cell phone. Parents can pre-load minutes on pay-as-you go plans to prevent unexpectedly huge cell phone bills. Plan regular calls home during free-minute times like evenings and weekends.

4. Set up a prepaid VISA or MasterCard as their primary money source and limit their credit card for emergency use. Prepaid cash cards teach budgeting and can be set up for rapid money transfer from home. Coinstar machines offer a pay-as-you-go card where you can set up a dual account. Parents load at the machine or online, and the students can immediately use the card. Encourage and help him or her to stay within budget, rather than building debt through the emergency credit card. Make sure he or she is aware that credit card companies may come on campus to solicit business. No matter how good the introductory deal may seem, irresponsible use of a credit card will have them (or you) paying for their largess for years to come.

5. Reduce student stress levels by encouraging your child to establish good study habits such as planning a routine time to study, showing up for every class, using on-campus study resources and not overloading themselves with a heavy schedule. Promote better listening in class by arming your child with a tape recorder. The recorder will help ensure he or she doesn't try to write down every word the professor says, but rather listens to the whole lesson and focuses on key points for later review.

FPT

REALLY HARD SUDOKU

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

SUDOKU

Instructions: Medium

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

Courtesy of ARA Content

Tips on Effective Home Schooling

(NewsUSA) **W**ith mounting concerns about overcrowding and the quality of public education, parents are increasingly considering the home schooling alternative. According to the U.S. Department of Education, the number of students being home-schooled is about 1 million and growing.



While there are many philosophies and approaches to home schooling, all parents want to see their children reach their full potential. Here are some tips from SFK Media Specially for Kids Corp., the company that developed the ReadEnt at-home learning program.

- Learn about your local regulations governing home schooling. Education laws vary by state and town.

- Involve your child in the curriculum. Let your child choose some of the workbooks for each subject, but steer him or her to the appropriate grade level. The more your child is involved in the process, the more excited he or she will be about the subject matter.
- Designate a separate area of your home to serve as the "classroom." It should be someplace that is comfortable and free of distractions.
- Connect with other home-schooling families through community groups or online. Such groups often organize field trips, discuss approaches to home schooling and share stories and advice.
- Keep your child active. It is important that home-schooled children

socialize with others. Encourage your child to become active in sports, music or clubs, just as any child attending school.

- Look for "teaching moments." For example, if you bake cookies at home, ask your child how many you baked. If you take a walk to the park, turn it into a lesson in science and nature.
- Use unique learning tools to keep your student interested. SFK's Reading Movies, for example, improve reading, comprehension and vocabulary skills and are entertaining at the same time.

These interactive movies use a patented technology called Action Captions in which each spoken word appears on the screen in real time, without interfering with the flow or entertainment of the movie. As a result, reading and spoken language skills develop naturally. The movies are available in a set of three DVDs featuring such classics as "20,000 Leagues Under the Sea," "Gulliver's Travels" and "The Trojan Horse." For more information, visit www.readingmovies.com or call (866) SFK-READ (735-7323). **FPT**



DOUBLE TAKE

Here's how "double Take" works: on page 20 there is another picture very similar to this one except there are at least 12 differences. Your job is to find all of the differences. Somewhere in the magazine (if I didn't forget to put it there) there is a list of the differences so you can check your work. **NO CHEATING!!!**

Originally printed **FPT** 9/05

Dear Dad,
 \$chool i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard.
 With all my \$tuff, I \$imply can't think of anything I need. \$o if you would like, you can ju\$t \$end me a card, a\$ I would love to hear from you.
 Love, Your \$on.

Reply from dad...

Dear Son,
 I kNOW that astroNOMy, ecoNOMics, and oceaNOgra-
 phy are eNOUGH to keep even an hoNOr student busy.
 Do NOT forget that the pursuit of kNOWLEDge is a
 NOble task, and you can never study eNOUGH.
 Love, Dad

Words of Wisdom

If there were no schools to take the children away from home part of the time, the insane asylums would be filled with mothers. ~Edgar W. Howe

Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you. ~Erma Bombeck

The whole purpose of education is to turn mirrors into windows. ~Sydney J. Harris

Holidays are enticing only for the first week or so. After that, it is no longer such a novelty to rise late and have little to do. ~Margaret Laurence

Education is not preparation for life; education is life itself. ~John Dewey

The object of education is to prepare the young to educate themselves throughout their lives. ~Robert Maynard Hutchins

As long as there are tests, there will be prayer in schools. ~Author Unknown

The best teachers teach from the heart, not from the book. ~Author Unknown

Often, when I am reading a good book, I stop and thank my teacher. That is, I used to, until she got an unlisted number.

~Author Unknown

Sudoku Medium answer from July

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

There are three good reasons to be a teacher - June, July, and August. ~Author Unknown

The larger the island of knowledge, the longer the shoreline of wonder. ~Ralph W. Sockman

What we want is to see the child in pursuit of knowledge, and not knowledge in pursuit of the child. ~George Bernard Shaw

The roots of education are bitter, but the fruit is sweet. ~Aristotle

A professor is someone who talks in someone else's sleep. ~W.H. Auden

Anyone who thinks the art of conversation is dead ought to tell a child to go to bed. ~Robert Gallagher

I have never let my schooling interfere with my education. ~Mark Twain

It doesn't make much difference what you study, as long as you don't like it. ~Finley Peter Dunne

You can get all A's and still flunk life. ~Walker Percy

Education is what remains after one has forgotten what one has learned in school. ~Albert Einstein

If you think education is expensive, try ignorance. ~Attributed to both Andy McIntyre and Derek Bok

Education is a better safeguard of liberty than a standing army. ~Edward Everett

He who opens a school door, closes a prison. ~Victor Hugo

Why should society feel responsible only for the education of children, and not for the education of all adults of every age? ~Erich Fromm

Education would be much more effective if its purpose was to ensure that by the time they leave school every boy and girl should know how much they do not know, and be imbued with a lifelong desire to know it. ~William Haley

Home computers are being called upon to perform many new functions, including the consumption of homework formerly eaten by the dog. ~Doug Larson

Education's purpose is to replace an empty mind with an open one. ~Malcolm S. Forbes

Education is an admirable thing, but it is well to remember from time to time that nothing worth knowing can be taught. ~Oscar Wilde, "The Critic as Artist," 1890

SUDOKU

Instructions: EASY

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

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PARENTING

5 Tips for a Winning Parent-Teacher Relationship

(NewsUSA) Behind every successful public school student is a great public school teacher. And great teachers make great public schools. But teachers can't do it alone.

The research is clear: Students perform better in school when their parents are actively involved in their education.

"Teachers help students soar and make their hopes and dreams come true," said Reg Weaver, president of the National Education Association. "And when parents are involved in their children's education, they will go farther - and the schools they attend are better."



NEA, which represents 2.8 million teachers, education support professionals and other educators, offers five easy ways for parents

to get more involved in education year-round:

1. Check in with teachers on a regular basis. Be proactive and don't wait for a problem or challenge to arise before taking action.

2. Get to know the guidance counselors and other school employees. Education support professionals generally know all of the students in the school, and their relationship with your children will

continue as they move from one grade to the next.

3. Attend school events. Open houses, parent-teacher conferences, dances or other school activities provide good opportunities for parents to connect with teachers and school employees.

4. Volunteer at the school. Make time in your schedule to help out with school plays, act as a classroom helper or chaperone field trips.

5. Keep the lines of communication open. Whether they are your children's classmates, friends or neighbors, get to know others - especially parents who have children attending the same school.

Form support groups to work on problems and issues of mutual interest. "The home is an extension of the learning that takes place inside the classroom," Weaver said. "When parents get involved in their child's education, everyone wins." For more tips and resources for parents, visit www.nea.org. **FPT**

More Words of Wisdom

Did you know America ranks the lowest in education but the highest in drug use? It's nice to be number one, but we can fix that. All we need to do is start the war on education. If it's anywhere near as successful as our war on drugs, in no time we'll all be hooked on phonics. ~Leighann Lord

Children have to be educated, but they have also to be left to educate themselves. ~Abbé Dimnet, *Art of Thinking*, 1928

When a subject becomes totally obsolete we make it a required course. ~Peter Drucker

Education is the movement from darkness to light. ~Allan Bloom

Much education today is monumentally ineffective. All too often we are giving young people cut flowers when we should be teaching them to grow their own plants. ~John W. Gardner

Education is not filling a pail but the lighting of a fire. ~William Butler Yeats

I think everyone should go to college and get a degree and then spend six months as a bartender and six months as a cabdriver. Then they would really be educated. ~Al McGuire

Education is learning what you didn't even know you didn't know. ~Daniel J. Boorstin, *Democracy and Its Discontents*

The one real object of education is to have a man in the condition of continually asking questions. ~Bishop Mandell Creighton

You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives. ~Clay P. Bedford

When the student is ready, the master appears. ~Buddhist Proverb

You learn something every day if you pay attention. ~Ray LeBlond

The ink of the scholar is more sacred than the blood of the martyr. ~Mohammed

Learning is a treasure that will follow its owner everywhere. ~Chinese Proverb

All the world is a laboratory to the inquiring mind. ~Martin H. Fischer

I am always ready to learn although I do not always like being taught. ~Winston Churchill

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live. ~Mortimer Adler

Every act of conscious learning requires the willingness to suffer an injury to one's self-esteem. That is why young children, before they are aware of their own self-importance, learn so easily. ~Thomas Szasz



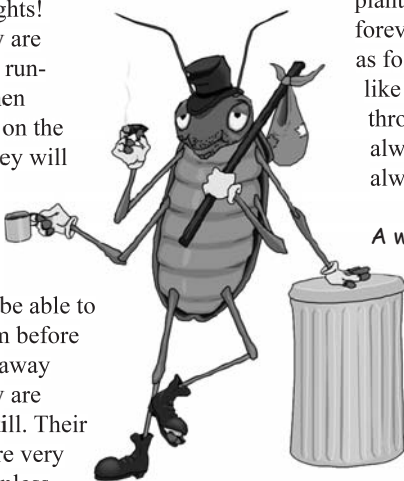
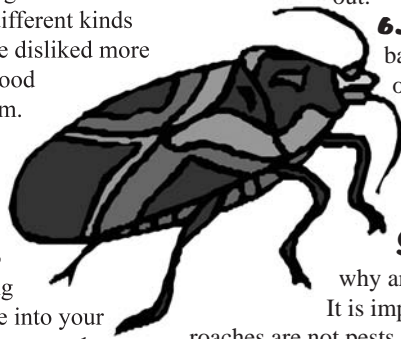
Originally printed **FPT** 8/05

Cock Roaches

By: Brad T. Bromling

Cockroach - yuck - just saying the name can make you squirm! Of all the different kinds of insects in the world, few are disliked more than cockroaches. There are good reasons to stay away from them. Because of their unclean eating habits, scientists tell us that they can carry diseases. Cockroaches eat almost anything - from shoe polish to soap (and just about everything in between)! Once they move into your house, they are very difficult to control. This is true for several reasons.

1. They are active mainly at night. You can have roaches living in your house and never know it-- unless you get up and turn on the lights!
2. They are very fast runners. When you turn on the lights, they will run to a crack so fast that you may not be able to stop them before they get away
3. They are hard to kill. Their bodies are very strong; unless you hit them just right, they'll get away.
4. Their flat bodies allow them to slip



through very tiny cracks.
5. Roaches are able to go a few months without food - so it's hard to starve them out.

6. They have many, many babies! In a year, one pair of cockroaches can produce 400,000 babies. It is obvious cockroaches were designed for survival.

So if they are so yucky why are there such creatures?

It is important to note that most roaches are not pests. In fact, of the more than 3,500 different kinds of roaches, only a few (about 35) are household pests. The rest don't bother us. Next, roaches serve as nature's garbage collectors; they eat things like dead plants and animals. Roaches have been around forever. There are lots of roaches preserved as fossils and in the fossils they appear just like the ones living today. This implies that throughout the Earth's history there have always been cockroaches and there probably always will be. **FPT**

A woman went into a restaurant And sat down. From a tiny cage he took out a beetle, a cockroach and a tiny harmonica. The cockroach picked up the harmonica and began to play. The beetle began to sing. The waiter's eyes widened in surprise. "What an amazing thing!" he said, "I've never seen anything like that." "Well, don't get too excited," replied the woman. "It's not as amazing as it looks. The cockroach is a ventriloquist."

Sudoku Really Hard answer from July

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

Hard answer from July

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

Sudoku Easy Answer From July

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

Tips for Safe Travel With Your Pet

(NewsUSA) **P**lanning a road trip with Rover? Even the most enthusiastic traveler can become agitated and anxious on a very long ride. Here are some suggestions for making car travel safe and pleasant for you and your dog:

- Watch the temperature. Even with the air conditioning on, a dog riding in the back of a van can become overheated from direct sunlight shining into the vehicle. Sun shades will reflect



- heat and keep your traveling companion cool. And small battery-operated fans attached to the dog's crate will keep the air moving.
- Remember to never leave your dog in a closed car. It can take just minutes for the temperature to rise enough to kill an animal.
- Help your dog relax. If your dog becomes anxious, a calming product, like Pluto Pet's Pet Calming Spray, may help relieve his fear, nervousness and aggression. Made from natural ingredients, the spray acts quickly, causes no side effects and meets all Food and Drug Administration guidelines for good manufacturing practices. For more information, visit www.plutopet.com. Avoid tranquilizers, which can lower the animal's blood pressure and make the dog

more prone to heat-related medical emergencies.

- Keep the dog contained. Your travel companion should either be in a crate or restrained by a seatbelt made especially for animals. Dogs riding unrestrained in a car can be dangerous to themselves, the humans riding with them and other motorists.
- Make two tags: one with your home address and another with the destination address in case the dog gets lost while on the road. You should also have your dog's rabies tag and certificate and

medical records.

- Pack a doggie bag. Your dog will appreciate some familiar things from home - a favorite blanket, for instance, and some toys. Bringing drinking water and food from home will help avoid stomach upset. And don't forget the cleanup supplies, because accidents happen.
- If your dog is territorial and you spend a night in a motel, keep the curtains drawn so the dog won't feel the need to protect his new turf from everyone who walks by your windows.
- Have fun! A trip together can be a wonderful bonding experience for you and your dog. **FPT**

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. ~William Arthur Ward

The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind. ~Kahlil Gibran

I am what the librarians have made me with a little assistance from a professor of Greek and a few poets. ~Bernard Keble Sandwell

Learn as much as you can while you are young, since life becomes too busy later. ~Dana Stewart Scott

If a doctor, lawyer, or dentist had 40 people in his office at one time, all of whom had different needs, and some of whom didn't want to be there and were causing trouble, and the doctor, lawyer, or dentist, without assistance, had to treat them all with professional excellence for nine months, then he might have some conception of the classroom teacher's job. ~Donald D. Quinn

A teacher affects eternity; he can never tell where his influence stops. ~Henry Brooks Adams

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Make Them Love It

With a little attention to your home's exterior, potential buyers could just fall in love at first sight. Too many homeowners fail to recognize the importance of this feature. Whether it's a little touch up or a major re-do, the effort is worth it.

Don't rely on your own assessment to determine just what needs fixing or improving. Ask your Realtor to be brutally honest. Your Realtor's assessment and your willingness to complete those recommended enhancements and repairs will ultimately determine how long your home sits on the market -- a matter of days or languishing for months. And if there are serious flaws, getting it fixed now could save you time later. After all, an inspector is sure to point these things out.

Small details can make such a difference. Consider upgrading the lighting.

Tend to landscaping by keeping everything neat and trimmed. Replace wilted flowers with something colorful. Add a fresh welcome mat and if you have even the smallest amount of chipped paint, take care of it now. You don't have to paint everything. Take a sample to your paint store and have them match the color for touchups.

Cracks in the foundation, sidewalk or driveway should be fixed. The same should be said for fences, gutters and damaged siding or brickwork. If necessary, call in the experts. And clear out anything that looks worn or creates a cluttered look. Roll up the garden hose and put away tools and toys.

It may seem like over-kill and too much work. But it will be worth it. Just keep your goals in mind and remember that you may not get a second chance to make a good first impression.

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Falls

continued from page 1

There is also swimming and tubing above the falls. Picnic tables are available but no rest rooms. There is no camping at the falls but you may camp close by in Roan Mt. State park, Julian Price on the Blue Ridge Parkway and elsewhere in the Cherokee National Forest. To get there take 19E to

North Carolina. Shortly over the Stateline you will come to Elk Park, From Elk Park, turn left off 19E then immediately left onto Old Mill Rd. (the main street in town). Go about .4 miles on Old Mill Rd. then right on Elk River Road for 4.1 miles (the last 1.8 miles are gravel) to the picnic area at the end of this road. There is a short marked path that leads to the falls (about a quarter of a mile). There is no charge to enter the park or swim. **FPT**



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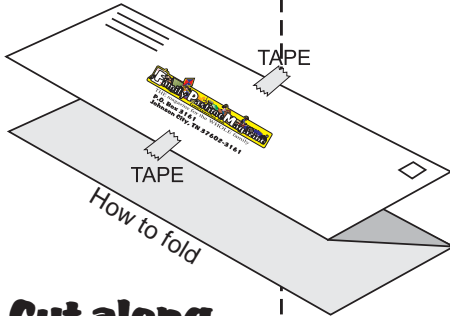


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How Deep Is The Ocean?

By: F. Bailey

How deep is the Ocean? You might ask. Well, at least deep enough in some places to cool your feet, and deep enough in others to get completely lost!

Scientists have often told us that the Ocean has very deep and unexplored places. I can only imagine how amazing some of these places might be. In fact because of our imaginations some people have imagined that there must be huge monsters deep in the sea. Every day that goes by we develop more ways to explore the depths of the oceans.

Humans always have been intrigued with such mysterious "deep places"—which is not surprising, considering that oceans cover around 72 percent of the Earth (336 million cubic miles of water that reaches an average depth of over 2 miles!). In 1873, the British ship, H.M.S. Challenger, discovered what now is known as the Mid-Oceanic Ridge—over 37,000 miles of underwater mountains! In 1951, the H.M.S. Challenger II discovered the deepest place on the planet—a spot named in its honor as the Challenger Deep.

Today, we have sophisticated means of researching the oceans. In the early 1930s, Otis Barton and William Beebe invented the bathysphere (bathys is Greek for "deep"), which was a tethered, hollow steel ball that took scientists 3,028 feet below the surface. In 1948, Auguste Piccard invented submersible vessels known as bathyscaphes, the most famous being the Trieste (which, in 1960, investigated the Challenger Deep in the Mariana Trench near Guam and dove to a depth of 35,800 feet—a world record that still stands). In 1964, Allyn Vine of the Woods Hole Oceanographic Institution developed a "deep submergence vehicle" (DSV) known as Alvin, which can dive to 14,764 feet. "Remotely operated vehicles" (ROVs), can go even deeper—but without people. The Japanese constructed an ROV known as the Shinkai 6500 that can go deeper than any other craft in the world.

When we go into the "deep places," what do we find? In 1977, scientists working near the Galapagos Islands found thermal vents teeming with bacteria surrounded by peculiar, 8-inch-long tube-shaped worms and clams the size of dinner plates. We have discovered fish that can live at depths of

27,460 feet, organisms that light up like Times Square, bacteria that can live on hydrogen sulfide (a substance that is deadly for most life), and, of course, the fascinating 64-foot-long giant squid.

Who do we have to thank for all of these weird and wonderful creatures and sights that live in "the deep places"? The psalmist answered that question long ago when he wrote of God: "The sea is His, for He made it" (95:5). How grateful we should be to our great God for the oceans and their inhabitants. **FPT**

Teacher: Why do you have so much trouble answering my questions?

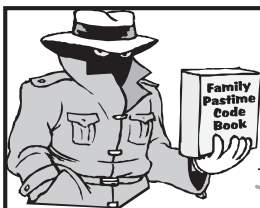
Student: If it was easy for me, I wouldn't be in school!

Teacher: Can anyone tell me how many seconds there are in a year?

Student: 12! January 2nd, February 2nd, March 2nd ..

Teacher: Johnny, which month has 28 days?

Student: Every month!



Family Crypto-Time July Answer

"Democracy is the government of the people, by the people, for the people"
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HARD

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

Kid Friendly Recipes



Kids Friendly Chicken Recipe

SUPPLIES

- 6 skinless chicken breasts
- 1/2-cup butter
- 2 TBS parsley flakes
- 1 1/2 tsp garlic salt
- 1-tsp pepper
- 2 cups crushed Keebler toasted onion crackers or toasted sesame round crackers

Makes 6 servings
TIME: 1 hour 15 minutes 15 minutes prep

HOW TO:

1. Place butter in glass bowl, add 1-tsp parsley flakes, 1 tsp garlic salt and 1/2 tsp pepper.
2. In a separate bowl mix crushed crackers, remaining parsley, garlic and pepper.
3. Coat chicken in butter
4. Roll chicken in cracker crumbs.
5. Sprinkle some of the crumbs on the bottom of a glass rectangle baking dish.
6. Place chicken in dish without overlapping.
7. Sprinkle remaining crumbs on top.
8. Cover with foil and bake at 350 for about 45 minutes.
9. Remove foil and sprinkle leftover herbed butter.
10. Bake for 15 more minutes until crumbs begin to brown.

The teacher of the earth science class was lecturing on map reading. After explaining about latitude, longitude, degrees and minutes the teacher asked, "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude...?"

After a confused silence, a voice volunteered, "I guess you'd be eating alone."

Fish in a Blanket

Makes 8

SUPPLIES:

- 1 can (8 ounce size) refrigerated crescent roll dough
- 8 frozen fish sticks, slightly thawed

HOW TO:

1. PRE-heat oven to 375
2. Unroll dough into two long rectangles
3. Press perforations to seal.
4. Cut each rectangle lengthwise into two strips
5. Cut each strip into two pieces.
6. Place one fish stick lengthwise on each piece of dough and roll up.
7. Firmly press edges to seal.
8. Place on un-greased cookie sheet and bake for 15 to 17 minutes or until golden brown.

Kids Goulash Recipe

- 1-2 lb ground beef
- 1 small onion, chopped
- 1 (7 1/4 ounce) box macaroni and cheese
- Tomato juice
- 1 (10 ounce) can Rotel tomatoes
- Salt and pepper
- Garlic powder
- Makes: 4 servings
- TIME: 50 minutes 20 minutes prep

1. Cook macaroni.
2. Brown Ground beef with onion.
3. Drain pasta and add to browned beef.
4. Sprinkle cheese from packet over all and stir.
5. Add Rotel tomatoes and tomato juice to suit, mix well.
6. Season with salt and pepper.
7. Bake at 350 degrees for 20-30 min or until heated.

Broccoli Casserole for kids

Easy to make and a great way to get kids to eat broccoli

SUPPLIES

- 1 package frozen broccoli, cooked
- 1 can creamy chicken soup
- 1 package mild shredded cheddar cheese
- 2 packages Ritz crackers, crumbled
- Un-greased 13 x 9 pan
- Makes 8 servings
- TIME: 50 minutes 20 minutes prep

HOW TO:

1. Preheat oven to 350.
2. Cook the broccoli in water for 10-15 minutes, drain.
3. Put in 13 x 9 pan.
4. Add soup and stir.
5. Completely cover top with Ritz crackers.
6. Completely cover top with cheese.
7. Put in oven long enough for cheese to melt (approximately 10-15 minutes).

Peanut Banana Smoothie

SUPPLIES:

- 1 small ripe banana, sliced
- 2 tablespoons creamy peanut butter
- 1-TBS honey
- 1-cup cold milk
- 1 banana slice
- Chopped peanuts for garnish, if desired

SERVES: 1

HOW TO:

1. Set aside a slice of the banana for garnish
2. Put remaining banana, peanut butter, and honey in a blender.
3. Blend until smooth.
4. Add milk and blend until foamy.
5. Garnish with banana slice rolled in chopped peanuts
6. Serve immediately.

Originally printed **FPT** 10/05

Confessions From My Kitchen:

By Laura Isolani

Ill never forget my childhood dreams. As a little girl, I would lie awake in bed at night, dreaming of the day when I would be a mother and have my own family. I envisioned tucking my children into bed at night, singing them sweet lullabies until their eyes slowly closed and they drifted off to sleep. I would always kiss them softly on their foreheads and whisper "I'll love you forever" before slowly backing quietly out of the room. I dreamed of creating beautiful family memories that would warm my heart and soul for the rest of my life.

One of my favorite scenes was always the family dinner table. The table was always perfectly set with gleaming silverware, crystal goblets (that would reflect the warm glow of candlelight), and beautifully matched china. I dreamed of passing warm, steamy rolls around the table as my family helped themselves to the wonderfully prepared meal I had lovingly created for them. My children and husband would look at me with adoring eyes as they tasted yet another mouth watering meal. The kitchen was never a disaster; the kids were never dirty; no one dared utter a cross word; and I was a picture perfect mother and wife.

So fast forward 20 years....okay, okay maybe 25 years....later. Here I am with the life I imagined. I have a wonderful husband whom I dearly love, three beautiful, healthy children, a dog, a cat, and a fish.... I always tuck my children into bed at night, and I always whisper "I'll love you forever" before I tiptoe quietly out of their room. We are a young family; yet we have already created a lifetime full of wonderful memories that I will cherish forever. However, something is missing. I have a house;

I have a kitchen; I have a kitchen table; I even have matching china, crystal goblets, and silverware that would be gleaming if someone took the time to polish it. But, alas, there are never steamy rolls being passed around the table, nor are there dishes upon dishes of home cooked food.

The sad truth is I hate to cook. It took me a long time to utter those words, but once I did, I felt as though a weight had been lifted off my chest. I think I finally screamed the words one Christmas as I unwrapped yet another cookbook from yet another hopeful relative. I had to confess my secret...I was running out of room on the bookshelf. There simply was no space (or dust) for more countless pages of words that were like Greek to me. I'm ashamed to mention that the last few cookbooks given to me were so simple and basic that my seven-year-old son could master the recipes.

Once those words left my mouth, I felt like the sky was parting and heaven was shining its light down upon me. I could have shouted Hallelujah!! A large, dark cloud scooted its way out of my life. For years, I had lived with my own expectations that to be a great wife and mother, I must also be a great cook. My journey to this liberating admission was by no means easy. In fact, I had tried for years and years to become the cook I thought I should be

I had been to all the Pampered Chef @ parties and had purchased all the necessary cookware to prepare delicious meals. I had even come home somewhat hopeful that even I could become a good cook once armed with the right ammunition. I had listened quietly as all my fellow mothers gathered around the playground equipment and traded their favorite and best recipes. I had flipped through my magazines and even cut out a recipe or two. I even attempted to cook, which always became a debacle of epic proportions. I would stop breathing as I watched the forks make their way into my family's waiting mouths. I watched them slowly chew and heavily swallow. I then felt like a balloon deflated as they started swirling their food on their plate with downcast eyes.

I am now openly able to admit that I just can't cook. I don't like to cook; I don't want to cook; I have no desire to cook. Having admitted to this, I no longer have to hide under the excuse that

I don't have time, or that my children are just picky eaters and its not worth my time or effort to prepare meals that they are not going to eat. Of course, I do know that my children are picky eaters because they are scared to death to put anything other than pizza, hot dogs, or hamburgers into their mouths. They were subject one too many times to my experiments in the kitchen.

Somewhere along my way to self-realization and acceptance, I stumbled upon the most important discovery of all. My family doesn't care if we are eating on mismatched plastic plates. They don't need candlelight or crystal goblets. My family loves me because I am their mother, not because I'm their chef. We can laugh and talk as we eat out of the pizza box. We can share the events of our day just as easily over frozen lasagna. I am the one waiting with open arms when they walk out of school. I am the one waiting to kiss them goodnight and tuck them into bed. I am the one who kisses their tears away when they are hurt, and I am the one that makes one heck of a peanut butter and jelly sandwich. Finally, I am a much happier mother and wife without the weight of my own expectations bearing down upon me.

Still, even I must present a dish every now and then. When invited to a cookout or gathering, I am ready with simple, easy recipes that even I can prepare. This particular recipe always brings many compliments, and I feel for a brief moment that I can actually cook something. I have found it to be a favorite amount both adults and kids. Oh, and I found this in some magazine years ago; I make no claims to have invented it.

Please see "Pizza Dip" page 20



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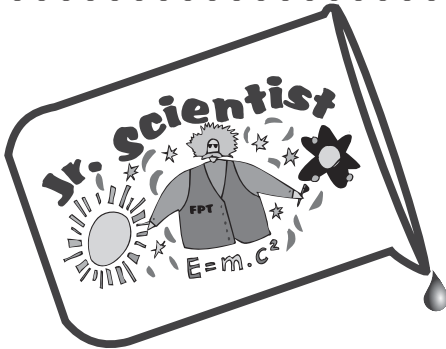
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By: Family Pastime Staff



"Ghostly" Coin

SUPPLIES:

- **2**-liter plastic bottle
- **A** quarter
- **W**ater

HOW TO:

1. Place the empty uncapped bottle in the freezer for 10 minutes.
2. Dip the coin in water.
3. Remove the bottle from the freezer

and immediately place the wet coin on the top of the open bottle.

4. Wait and watch the coin dance and move as if it were being moved by a ghost.

HOW COME:

When removed from the freezer, the air inside the bottle is colder than the air outside the bottle so the air inside the bottle expands and tries to rush out of the bottle. This airflow causes the coin to move! **FPT**

Kids Bathtub Paints Recipe

KIDS LOVE THESE!!! So much cheaper and easier than the kind you buy at the store.

SUPPLIES:

- **1/3** cup mild clear Joy dishwashing soap
- **1** tablespoon cornstarch
- **f**ood coloring

HOW TO:

1. Mix cornstarch and liquid soap in bowl.
2. Pour into ice cube tray, filling about 1/2 full.
3. Put 4-8 drops of different food coloring colors into each section and mix till blended.
4. I usually use toothpicks to mix when in the ice cube tray.
5. Give to the kids and let them at it!

This washes your child, and will wash off the walls too! **FPT**

Singing Fork

SUPPLIES:

- **3**-foot length of string or thread
- **F**ork

HOW TO:

1. Tie the fork in the center of the string.
2. Tie one end of the string around one of your right-hand fingers
3. Tie the other end of the string

around one of your left fingers.

4. Touch your fingers to your ears and let the fork hang in front of you.
5. Have a friend tap the fork with a spoon and you'll hear a loud ringing in your ears! The sound has traveled up the string to your ears.

KEEP EXPERIMENTING:

Try tying other metal objects to the string and see what sounds they make. **FPT**

Make your own rainbow

SUPPLIES:

- **A** glass of water
- **A** sheet of white paper
- **A** sunny day!

HOW TO:

1. Fill the glass almost to the top with water.
2. Place the glass half on and half off the

edge of a table (take care that it does not fall). The glass needs to be set so that the sun shines directly through the water and onto a sheet of white paper on the floor.

3. Adjust the paper and the glass until a rainbow forms on the paper.

HOW COME:

Although we can't see it with the naked eye, light is made up of a full spectrum of colors. When light passes through water, it is broken up into the other colors seen in a rainbow. **FPT**

(1) Giraffe and lamb swapped (2) Black and white dogs swapped (3) Flower missing (4) Bear pillow missing (5) Picture on couch changed (6) Duck changed (7) Bear added in Angel bear's lap (8) Ceramic pot added (9) Pillow in bear's lap on back of couch changed (10) Picture behind couch changed (11) Crown on bear on back of couch switched (12) Dots added to couch (13) Different pages





Fun Family Events AUGUST

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

1. Girlfriend's Day, Respect For Parents, National Night Out

2.

3. Downtown Kingsport Twilight Alive: Marcia Ball w/Kids Our Age FREE OUTDOOR SHOW! 7:00-10:00

4. Coast Guard Day, National Chocolate Chip Day

Sycamore Shoals Friday, Traditional Arts Workshop: Step-by-Step Oil Painting

Downtown Kingsport BLUEGRASS ON BROAD: Bruce Moody & Elk River 7:00-10:00

Hands on museum Friday, August 4, 2:00-3:15 - Zulu Connection Stilt Walker

5. Work Like A Dog Day, National Gymnastics Day, National Mustard Day, Women's Pro Football Day

Sycamore Shoals Saturday, 9-4 Traditional Arts Workshop: Faux Finishing

Tipton-Haynes State Historic Site Tipton Family Reunion

Annual UMOJA (UNITY) African-American Storytelling Festival, Freedom Hall, Johnson City. (423) 926-4967 Website: www.umojajc.net

Bays Mountain August 5 and August 19 10 A.M. Wolf Howling

Hands on museum Saturday, August 5 - Back to School Festival!

JCPL: VolunTEEN Orientation @ 1:00 PM - - Please Register

6. Friendship Day, National Fresh Breath Day, National Kid's Day, Sister's Day

Sycamore Shoals Sunday, 3:30pm Bayonet Exercise

7. Particularly Preposterous Packaging Day, Professional Speakers Day

8. Happiness Happens Day, Sneak Some Zucchini Onto Your Neighbor's Porch Night

Sycamore Shoals Tuesday, 10:00am Tomahawk and Flintlock Rifle demo

JCPL: VolunTEEN Orientation @ 1:00 PM - - Please Register

9. National Underwear Day,

Sycamore Shoals Wednesday, 2:00 pm Flintlock demo at the Fort with Ranger Greg:

10. National Duran Duran Appreciation Day, S'mores Day

Downtown Kingsport Twilight Alive: Drivin N Crayin w/Dash Riprock FREE OUTDOOR SHOW! 7:00-10:00

Sycamore Shoals Thursday, 10:00am Join Chad for a walk along the Watauga River

11. Kool-Aid Day

Downtown Kingsport BLUEGRASS ON BROAD: Appalachian Trail 7:00-10:00

12. Eleanor Roosevelt Day, International Youth Day, Vinyl Record Day, Elvis Presley Commemoration Day, National Garage Sale Day

Sycamore Shoals The Carter Mansion Celebration 10:00 A.M. - 5:00 P.M

13. Herbert Hoover Day, International Left Handers' Day

Sycamore Shoals Sunday, 10-3 The Company of Overmountain Men will be encamped at the Carter Mansion

Bays Mountain August 13 and August 27, 3:15 PM Special Raptor Program 7 P.M. Wolf Howling

14. National Navajo Code Talkers Day, Victory Day

Sycamore Shoals Monday, 8:00pm Night Hike at Sycamore Shoals

15. Best Friends Day, National Relaxation Day, World Day of Reiki

16. Joe Miller's Joke Day

17. Sandcastle Day

Downtown Kingsport Twilight Alive: Sonny Landreth w/Ashley Gearing FREE OUTDOOR SHOW! 7:00-10:00

18. Bad Poetry Day, National Personal Chef's Days

Sycamore Shoals, 2:00pm Carter Mansion Tour

Downtown Kingsport BLUEGRASS ON BROAD: The Booher Family 7:00-10:00

19. Aviation Day, "Black Cow" Root Beer Float Day, Sandcastle & Sculpture Day

Sycamore Shoals, 11:00am Fort and Grounds Tour

Hands on museum Saturday, August 19 - Hawaiian

Luau!

20. Bamboo Day, Vinegar Day

Sycamore Shoals 3:00 pm Tunes Thru Time

21. Poets Day

80th **Appalachian Fair**, Gray. (423) 477-3211 Website: www.appalachianfair.com

22. Southern Hemisphere Hoodie Hoo Day, Be An Angel Day

23. Valentino Day

24. Vesuvius Day

Downtown Kingsport Twilight Alive: Robinella & The CC String Band w/Mic Harrison FREE OUTDOOR SHOW!

25. Downtown Kingsport BLUEGRASS ON BROAD: DAVE PETERSON & 1946 w/Dan Mooneyhum & Old Friends 7:00-10:00

26. Children's Day, National Dog Day, Women's Equality Day

Sycamore Shoals, 2:00pm Militia drill at Fort Watauga

Safe Sitter - Babysitting Prep Course, 9 a.m. to 4 p.m., Health Resources Center, The Mall at Johnson City. Fee for class. To pre-register, call 952-3700 or 1-800-888-5551.

JCPL: Movie Theatre Experience @ Your Library @ 2:00 PM - Pirates of the Caribbean

27. "The Duchess" Who Wasn't Day

28. Race Your Mouse Around the Icons Day, Crackers Over The Keyboard Day

29. More Herbs, Less Salt Day

30. National Toasted Marshmallow Day

31. Love Litigating Lawyers Day

Downtown Kingsport Twilight Alive: Scott Miller & The Commonwealth w/Rob Russell & The Sore Losers FREE

Mom: How did you find school today?

Kid: I simply hopped off the bus - and there it was!

Kid: I think we need a new teacher!

Mom: Why is that?

Kid: Our teacher doesn't know anything, she keeps asking us for the answers!

Crypto clue: n=4

Across

- 2. Swims in lake.
- 5. Delivers babies
- 9. Likes to eat cheese.
- 10. She says she is telling the truth but I think she is
- 11. Lays eggs.
- 12. Black and White Stripes
- 16. Shear
- 18. Flies in sky.
- 21. Might be a handsome prince
- 23. "See ya later....."
- 25. Wags tail.
- 26. "After a while....."
- 28. Billy
- 29. Covered in wool.
- 31. NOT good on a sandwich with peanut butter.
- 32. Howls
- 33. Might be helpful on a picnic.
- 34. Don't play cards or pool with this guy.

Down

- 1. Likes to purr.
- 3. Works for farmer.
- 4. Also lives on Cindy Crawford's face.
- 6. Likes carrots
- 7. Eats bananas
- 8. Slithers
- 11. World's Largest Rodent
- 13. Also used in baseball
- 14. Helps prevent forest fires
- 15. Rolls in mud.
- 17. Fur, Bill and Webbed feet
- 19. Swims on lake.
- 20. Bird that may have a "comb over"
- 22. Plays dead
- 24. Has horns.
- 26. Gives milk
- 27. Never forgets
- 28. Long neck
- 30. Rrrrrreallllllllly sloooooooooooooow.

Family Pastime Magazine



Answers in September's issue

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

"Jill," a teacher reprimanded the teenager in the hall, "do you mind telling me whose class you're cutting this time?"

"Like," the young teen replied, "uh, see, okay, like it's like I really don't like think like that's really important, y'know, like because I'm y'know, like I don't get anything out of it."

"It's English class, isn't it?" Replied the smiling teacher.

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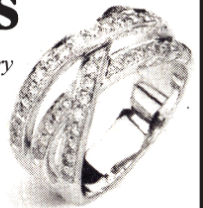
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Monday - Friday 10am - 5:30pm
Saturday 10am - 3pm

Continued from page 16



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Pizza Dip

- 1 package shredded Mozzarella cheese...
- 1 package shredded Parmesan cheese...
- 2 jars pizza sauce
- 1 package of pepperonis (chopped very fine)
- 1 large container of cream cheese

(maybe more if you are using a large baking dish)

Italian seasonings

Preheat the oven to 350....take a baking dish of choice (I use my Pampered Chef lasagna dish) and spread cream cheese along the bottom until you have a layer approximately ¼ inch thick. I then sprinkle Italian seasonings over the cream cheese. Sprinkle the chopped pepperoni over the layer of cream cheese, and pour the jar of pizza sauce on top that. You may need to use a second jar, again depending on the size of your baking dish. Sprinkle your two cheeses across the top. Top with more Italian seasoning and a few whole pepperonis. Serve with breadsticks, crackers, or anything that can be dipped. Bake for 30 minutes until your cheese is nice and bubbly then.....ENJOY!!! For all you accomplished chefs out there, please feel free to grate your own cheese, make your pizza sauce from scratch, and gather the Italian herbs fresh out of your garden!!! **FPT**

DOUBLE TAKE

Originally printed **FPT** 9/05

Here's how "double Take" works: on page 7 there is another picture very similar to this one except there are at least 12 differences. Your job is to find all of the differences. Somewhere in the magazine (if I didn't forget to put it there) there is a list of the differences so you can check your work. **NO CHEATING!!!**



Did you hear about the cross eyed-teacher?
He couldn't control his pupils!

Why did the teacher wear sunglasses?
Because his students were so bright!

Where do monsters study?
In ghou school.

Who sits in front of the class in ghou school?
The creature teacher.

What kind of food do math's teachers eat?
Square meals!

To Be Or Not To Be:

Thoughts on Creativity By Susan Lachmann

Originally printed **FPT** 9/05

Einstein has told us 'Creativity is more important than intelligence,' and we are inclined to agree with a genius. Yet still we wonder: What exactly IS creativity anyway? A gift? A curse? An acquired skill? A desired trait? A dessert topping? Debates abound on the subject.

By dictionary terms, creativity is to "...bring into being...or to cause to exist...that which has not existed before..." In lay terms, this translates easily into: "making stuff up." Being creative means you can make up new stuff easily. OK... Applied to commercial ventures and product development, it is certainly highly desirable. When given to delaying bedtime, however, it is not nearly so well appreciated.

In medical advancement, creativity is essential in applying knowledge in new directions to find solutions to disease. Skills at hiding peas at the dinner table are seldom seen in (or found) in positive light.

We do have within our culture, (oversimplified but true here), an interesting paradox between valuing success from the following the rules (standards, guidelines, systems, grades, percentile, etc.) compared to valuing success from breaking the rules (renegades, innovators, mavericks, whackos, etc.). We also have a tendency, to equate creativity with artistic ability, i.e. to be creative means to sing, dance, paint, etc. well, with extreme talent flourishing through advanced, specialized study. Fie on all of this

I say! The crux of creativity regards fluency (able to flow, move smoothly and rapidly with knowledge and applications) and flexibility (easy to adapt, make changes, be resilient).

Creativity is crucial. It's a survival mechanism, an essential intelligence. It cannot be bought, though it can be found! The works of E. Paul Torrance, often called the "Father of creativity" discuss and observe behaviors, practices and discoveries about creativity. A web search can lead you to his research and publications. Whether you desire to be more creative (resilient, flexible, diverse, inventive, adaptive) yourself, or whether you desire such for your child, there are many paths toward developing it. A good first step is in opening your eyes and ears to diversity: in peoples, materials, methods, intelligences, skills, beliefs and disciplines. Next, encourage the exploration and discovery of positive, new knowledge. Loosen up a little. Try your ideas. Take notes. Expand. **FPT**



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.

JL ALIGHTGLN AL RLMCOGKSG

JOCJQH UJQH NPG ZGHN ALNGWGHN

The kindergarten class had settled down to its coloring books. Steve came up to the teacher's desk and said, "Miss Merc, I ain't got no crayons."

"Steve," Miss Merc said, "you mean," I don't have any crayons. We don't have any crayons. They don't have any crayons. Do you see what I'm getting at?"

"Not really," Steve said, "What happened to all them crayons?"

Family Specials at Local Restaurants

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2929 Roan St. Johnson City, TN
Thursdays 5 pm- close Children eat for 99 cents off the children's menu

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2519 Knob Creek Road,
Johnson City **Monday – Wednesday**
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(1 child with each adult)

O'Charley's –
112 Broyles Drive, Johnson City
1920 N. Eastman Road, Kingsport
3173 Linden Drive, Bristol
Kids Eat Free Every Day –
(2 children with each adult)

Pizza Hut – Local Areas
Tuesday – Family Feast Specials

Applebee's –
2100 N. Roan Street, Johnson City
Wednesday - \$.99 Kid's Meal
(12 and under)

SAHIB Fine Indian Cuisine
2312½ Browns Mill Road, next to Days Inn,
Johnson City, Tennessee
Kids under 5 eat free 7 days a week.

If you know of a family special at a local business send the info to editor@familypastime.com so we can add it to next month's list **FPT**

HEALTH MATTERS

By: Patsy Meridith



Are you susceptible to digestive disorders like heartburn and bloating or frequent episodes of allergic reactions like sinusitis and bronchitis? What do these conditions have in common?

All digestive, metabolic and immune processes work more efficiently when your blood stays within a slightly alkaline pH range of 7.35 to 7.45. As a result of prolonged

stress and a highly acidic diet (red meat and sugar), the pH-regulating system becomes less effective. Excessive acidity can lead to bone loss, achy joints, fatigue, digestive distress and chronic allergies. If you want to reduce acidity, we recommend eating more fresh vegetables and fruits, less red meat and sugar and taking AlkaMAX. Available in capsules or powder, AlkaMAX is an alkaline booster that can improve energy, immunity and digestion.



How do bees get to school?
By school buzz!

How do the fish get to school?
By octobus!

What does a gorilla learn in school?
His Ape B C's.

What does a snake learn in school?
Hiss tory.

Family Pastime Kid-toons by kids for kidsOriginally printed **FPT** 8/05

This month's episode: SuperMouse! Story by Rhiannon Joker (age 10) & Quynne Riddle (age 9). Illustrations by Rhiannon Joker



SUPERMOUSE IS AT THE MOVIES WITH HER LITTLE BROTHER, DAWG. SUDDENLY, THE SUPERMOUSE ICON APPEARS, AFTER DAWG GOES TO THE BATHROLLMOM.



SHE RUSHES OUTSIDE, ONLY TO FIND THE MOUSE MOBILE IS GONE!



SHE GRABS A CAB AND FINDS THE EVIL.



IT'S DAWGULA! HE TOOK OVER THE GUM FACTORY!



SUPERMOUSE WINS THE BATTLE AND SAVES THE FACTORY!

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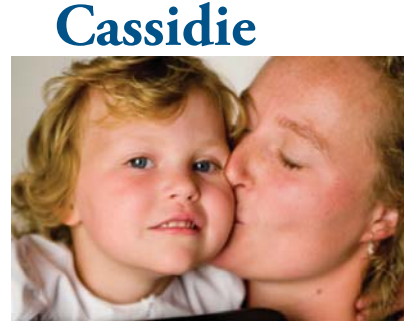
There is only *one...*



Brayden



Matthew



Cassidie



Ryan



Gaelen



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Danielle

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