



THE magazine for the **WHOLE** family Volume 2 Issue 8

Family Pastime Turns 2 Years Old

This month Family Pastime Magazine is two years old. The past two years have gone by so fast we can't believe it. It has not 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 educate families, supply families with ideas of fun things to do together, and encourage families to spend quality time together. This publication is truly **YOUR** magazine. We would love it if you would help us make it



even better. On page 14 and on the website (www.familypastime.com) you will find a survey. Please take a few minutes to fill it out so that we can make sure we are on the right track. We would also like to thank all of our wonderful advertisers. Without them Family Pastime Magazine would not be possible. Please shop with these advertisers and let them know you appreciate their efforts in supporting Family Pastime Magazine.

In honor of our two-year anniversary we have chosen to re-run some of the more popular articles and features from the past two years, we hope you enjoy what you read and if you have any suggestions please feel comfortable to contact us and let us know.
FPT

IN THIS ISSUE:

1. Cell Phone Emergency
8. What's a Webkinz?
12. Family Togetherness
13. Harry Potter
17. Maximize School Budget
21. Legend of Zelda
23. Recipes Wanted

REGULAR FEATURES:

4. Family Finance
5. Father Knows Best
6. Home Cure
7. Say What?
8. Kid Toons
9. Homeschooling
10. Double Take
10. SUPER SUDOKU
11. Family Pet Spot
13. Parenting
15. Jr. Scientist
16. Recipes
17. Creature Feature
18. Events Calendar
19. Crossword Puzzle
20. Yucky News
21. Crypto-Gram

.I.C.E. Your Cell Phone and Get Help Fast!

The recent increase of natural disasters in America has born a plan by which cell phone owners can pre-program ".I.C.E." (In-Case-of Emergency) into their cell phone call lists. (The period preceding the "I" is to allow this word to rise to the top of your list of pre-programmed names.) You may also want to try using the # key or the * key before ICE which will also allow this number to rise to the top. Mobile phones are a fantastic way to receive help in the event of an emergency however, if you are incapacitated and can't make the call paramedics (or anyone else who knows of I.C.E.) will instantly be able to call someone who can give them information about you. Medical providers, such as paramedics, nurses and doctors, are increasingly aware and looking for these entries in phone address books. By using the "ICE" designation first, they can

By: Chris Joker

immediately identify the appropriate number to call.

ICE was the idea of British paramedic Bob Brotchie, who says the idea came to him "just from reflecting on difficulties I've had in obtaining information about patients. The vast majority of people don't carry emergency contact details or next-of-kin details, but the vast majority of people carry cell phones most (paramedics) spend time looking for a cell phone, not knowing who to call. It occurred to me there might be a uniform way of doing this."

To make the most of I.C.E. on your phone you should follow these hints:

Make sure the person whose name and number you are giving has agreed to be your ICE partner

Please see ".I.C.E." on page 4



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THE Magazine for the WHOLE Family

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Come in and Play!

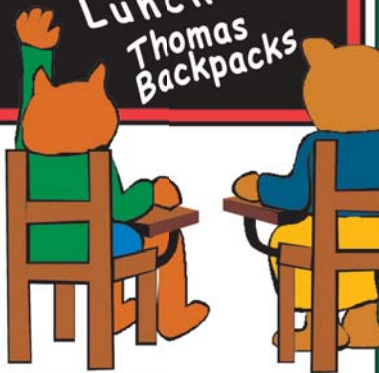
Shining Stars

BACK-TO-SCHOOL

Kindergarten
Rest Mats
Lunchboxes
Thomas Backpacks

Teachers' Supplies

- Resource Books
- Bulletin Boards
- Charts & Posters
- Games & Manipulatives
- Science Supplies
- Much, Much More



SCIENCE HILL

DATE	OPPONENT	W/L
Aug 23	Sullivan South*	
Aug 31	Elizabethton	
Sept. 7	Open	
Sept. 14	Morristown West*	
Sept. 21	Sevier Co (Homecoming)	
Sept. 28	Tennessee High	
Oct. 5	Bearden*	
Oct. 12	Jefferson County	
Oct. 19	Campbell County*	
Oct. 26	Knox Karns (Senior Night)	
Nov. 2	Dobyns Bennett*	

*away games

AUGUST WEEKLY OBSERVANCES

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• World Breastfeeding Week: 1-7• National Clown Week: 1-7 Link• Exhibitor Appreciation Week: 6-10• Fraud Awareness Week: 4-10• Psychic Week: 6-10• Don't Wait! Celebrate! : 6-12• Sturgis Bike Rally: 6-12• Elvis Week: 11-19• Knights of Columbus Family Week: 11-18 | <ul style="list-style-type: none">• National Resurrect Romance Week: 12-18• Thanks For All The Gifts Week: 12-18• Weird Contest Week: 13-17• National Aviation Week: 13-19• Little League Baseball World Series: 17-26• Be Kind To Humankind Week: 25-31• Daniel Boone Days: 8/31-9/2 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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• Get Ready for Kindergarten Month• Happiness Happens Month | <ul style="list-style-type: none">• Learn Japanese Month• National Immunization Awareness Month• National Inventor's Month• National Win With Civility Month• Neurosurgery Outreach Month• Spinal Muscular Atrophy Awareness Month |
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- Q. What do you do with a blue whale? A. Try to cheer him up!
Q. How do you communicate with a fish? A. Drop him a line!
Q. Where do sheep go to get haircuts? A. To the Baa Baa shop!
Q. What does a shark eat with peanut butter? A. Jellyfish!
Q. What do cats eat for breakfast? A. Mice Crispies!

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Are You Prepared to Help Aging Parents?

If you have your parents during much of your adult life, consider yourself fortunate. As they age, however, you will need to become increasingly aware of added responsibilities you may have to assume. And by planning ahead, you can help make everyone's lives easier.

In dealing with various matters relating to your parents - particularly financial matters - the key is open and frequent communication. And that means you'll need to find out everything you can about your parents' assets, debts and estate plans.

You can start by finding out if your parents have a simple will drawn up. If they don't, urge them to get one. Your parents have worked hard all their lives and they want their assets distributed according to their wishes instead of a court's decree, which is what would happen if they die "intestate" (without a will). Even if your parents have a simple will, they may still need to take further action. If you think they have a sizable estate or want to give significant gifts to charitable

groups, encourage them to consult with an attorney who specializes in estate planning.

You'll also need to learn whatever you can about your parents' savings and investments. Which banks and financial service providers hold your parents' assets? Where are the records of these accounts? Do they work with a financial advisor? You'll need to learn these things in case your parents become incapacitated or die unexpectedly. State treasurer's offices regularly advertise "unclaimed" property, including investments - some of which have simply eluded the attention of family members.

And, speaking of incapacitation, you may want to encourage your parents to create a durable general power of attorney, which allows them to appoint another person to conduct their business affairs if they are physically or mentally unable to manage them yourself. You can also ease some potential worries by having your parents create a medical power of attorney, which empowers you (or another relative or close friend) to make health care decisions for your parents if they get seriously injured or become ill and cannot make health care decisions on their own.

Long-term care is another subject you might want to discuss with your parents. Of course, they may never need to enter a nursing home or require the services of a home health care worker. However, if they do, the expenses can be enormous. For example, the average annual cost of a private room in a nursing home is more than \$75,000, according to the 2006 annual MetLife Market Survey of Nursing Home and Home Care.

If your parents needed to come up with this type of money, it could wipe out their financial independence - and possibly place a burden on you or your siblings. Currently, Medicaid pays almost half the costs of long-term care, but, to qualify for this government program, your parents would have to "spend down" almost all their assets - an unattractive prospect. Consequently, you may want to talk to your parents about other ways of paying for these costs.

Start discussing these types of issues with your parents soon. As you can see, there's a lot of ground to cover, and the sooner you start, the better. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

J.C.E. *Continued from page 1*

Make sure your ICE partner has a list of people they should contact on your behalf - including your place of work

Make sure your ICE person's number is one that's easy to contact, for example a home number could be useless in an emergency if the person works full time

Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment - for example allergies or current medication

Make sure if you are under 18, your ICE partner is a parent or guardian authorized to make decision on your behalf - for example if you need a life or death operation

Should your preferred contact be deaf, then type ICETEXT then the name of your contact before saving the number

In some instances your phone doesn't show the callers name any more because your ICE contact number is a duplicate entry of another contact in your phone book. If you have two numbers the same, your phone may not know which one to display so it will show just the number. To get round this simply type the * key after the number under your ICE contact. It will still work and will cure the caller-ID problem.

It is recommended that people save at least two numbers and be sure that both people are familiar with their medical history. They can be saved as "ICE - 1" and "ICE - 2" or with names such as "ICE - Mom." In all cases, the "ICE" designation should come first.

"We recommend that patients continue to carry a summary of their medical histories in their wallets as well," said Dr. Blum. "Cell phones don't always work and having the information on your person is always a good idea."

ACEP advises people to remember the acronym "MAD" when deciding what to include in their medical histories:

Medicines - list all current medications you are taking, including herbal and organic supplements because they can and do interact with some medications.

Allergies - list all known allergies, especially to medications, but also to foods.

Doctors - include the names and phone numbers of doctors (or medical providers) responsible for your regular care. **FPT**



By Chris Joker

will be at my house on his way to work at 8:00. We can still do this. The project is not due until Wednesday. That gives us two days to

pull it off.

hard deadline and that she needs to get right to work, I go to help my son with his work. 4:10. My son's work is finished, he goes out to play, I go check on the Greek cookbook. I am so happy to see my daughter has heeded my warning about getting right to work and spent the last hour choosing just the right animated "Office assistant" to help he in Word. Apparently the "Genius" guy is more apropos than the paperclip for a Greek cookbook. Now that that is settled we can get down to the business of editing the last five pages, creating the cover and the author page. 5:00. We have to leave for my son's basketball game. Here's where things get tricky. When you are a single parent and one child has to be somewhere, everybody goes. There is no, "Honey I will stay and help this one with this while you take that one to that." 6:00. Game is over we need dinner and a grocery store run. Now I don't know if you have much experience with buying flour, mine is...was limited. The recipe calls for "bread" flour. We stand looking at rows and rows of flour. There is; all-purpose, whole-wheat, instant, cake, self-rising, Durum, Semolina, enriched, bleached, unbleached... where for the love of Googlemes is BREAD flour...? Apparently all I had to do was invoke the name of Googlemes and then, just as I am about to give up and utter the words, "They're all the same", the clouds part and a golden ray of sunshine breaks through and shines directly on... Bread flour!!!! The only drawback is you can only buy stinking bread flour in the 50-pound sack. "Where for the love of Googlemes is a smaller bag of bread flour?"... Nothing. (I'm hoping we like this pita bread).

This is a "Classic" Father Knows Jest. I just want to thank everyone for the fantastic feedback I have gotten about this column. As "jestful" as my single parenthood life is, I am ALWAYS looking for ideas for this column. If you have any or any comments, please e-mail me at: fatherknowsjest@familypastime.com

Sunday afternoon I asked my daughter about her Greek project for school. Out of the four options she had chosen Greek foods. She was to make a recipe book of 10 Greek foods and prepare one to share with the class. "O.K., how much have you done already?" "Well, Mom has a greek recipe book and I looked at some of the recipes." "Good, where's the book?" "At Mom's." "HELLO INTERNET." So we go to my computer and logon. Nothing. I re-boot. Nothing. I reset the modem, the router, unplug and re-plug every cable, I let the dog out, change the batteries in the remote and stand on one foot while giving praise to Microsftus and Googlemes the Greek gods of the computing and the internet, respectively. NUUUUHING!!!! "Honey, When is this due?" "Wednesday." "How long have you known about it?" "I think I found out about it last Tuesday" "Well, thank goodness you have already done all that work of looking at that Greek cookbook. Heck, you're halfway finished. Go play while I try to work out these Internet issues." I now call my Internet service provider who informs me that my modem is not working. Genius! I'm so glad he knew the problem. "So what can we do?" "I can have a tech out there Monday. Is morning or afternoon better?" "Morning, the earlier the better" "He will be there sometime between 8:00 am and 1:00 pm". In my mind I am convinced he

Monday. Surprise, my son is sick and must stay home. I begin to juggle. By Noon there is no Internet guy, no call. I go through my whole re-booting, unplugging, yadda, yadda routine. Something worked (personally I think Microsftus and Googlemes took pity on me). Not one to look a gift horse in the mouth, I begin downloading Greek recipes like a mad man, a mad Greek man actually, which is very apropos since it seems to me that a lot of Greek restaurants are called "Mad Greek" Why is that? Why are they so mad? Anyway I want to have a large supply of recipes for my daughter to choose from so if by some reason the information super highway is unavailable when she is. Monday afternoon, she sorts through the recipes and finds 10 she likes. Then she says, "I need pictures". "Pictures?...great." Back to the computer. We have connectivity. We search and find pictures for everything but Souloudiko. No problem it has orzo and tomatoes. We find something that might sort of look like Souloudiko. My daughter starts editing her book. All is well in the world.

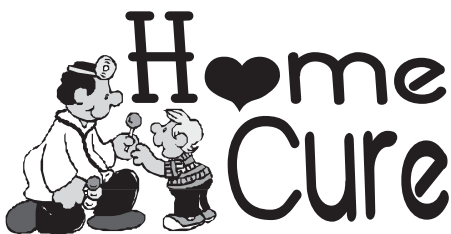
She gets five recipes prepared and it's bedtime. We discuss finishing tomorrow. She chooses Pita as the dish she would like to prepare and serve. We have all the ingredients except "Bread" flour and Yeast. I plan to buy those at the store while she is a school Tuesday.

Tuesday, My son feels better so he returns to school. I have an 8:00 meeting three deadlines and a meeting with a teacher. No time for the grocery run. After school my son has to catch up on home and schoolwork from 2 days. I set my daughter up on the computer, explain to her that we are up against a

Now all we need is yeast. O.K. I don't know from yeast and I did not write

Please see "Greek" page 7

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H*E*A*R*T*B*U*R*N

Hearthburn is a vague chest or abdominal discomfort often suffered after consuming food or liquids.

SYMPTOMS Mild nausea. Burning sensation behind breastbone. Upper abdominal fullness or heaviness. Excessive gas or belching. Full feeling in abdomen. Acid taste in mouth. Growling stomach. Pain or pressure behind breastbone. Pain between shoulders or in neck that follows food. The exact cause of heartburn is not known. Most symptoms are related to eating, drinking, swallowing air, and emotional upset. Excessive smoking, eating and drinking are the most common causes of heartburn.

While you try different lifestyle changes and remedies keep a journal of your heartburn symptoms before and after making the changes or trying the remedies this way if the problem persists you can discuss any improvement with your physician.

You will notice some of these home cures seem to be in contradiction with one another. That's because these are home cure ideas and not scientific methods.

- Change what and how you eat.
- Eat smaller meals. Having a very full stomach increases your chances of having heartburn.
- Do not lie down or exercise for 2 to 3 hours after you eat. When you are sitting up, gravity helps drain food and stomach acid into your stomach. Avoid eating large meals and snacks just before bedtime.
- Avoid chocolate, fatty or fried foods, and peppermint- or spearmint-flavored foods.
- Do not drink alcohol, including beer or wine; coffee and other caffeinated drinks; or carbonated drinks.
- Limit acidic foods, such as grapefruit, oranges, tomatoes, or vinegar.
- Limit spicy foods that contain lots of pepper or chilies.
- Eat foods that are high in protein and low in fat. For more information, see the topic Healthy Eating.
- Decrease pressure on your stomach.
- Avoid tight clothing. Tight belts, waistbands, and panty hose that press on your stomach may make your symptoms worse.

- Put blocks underneath your bed frame or use a foam wedge under your mattress to raise the head of your bed 6 in. to 8 in.. Using extra pillows to raise your head does not work because pillows cause you to bend at your waist, which squeezes stomach acid up farther and can make heartburn worse.
- Avoid lying on your right side.
- Be careful when lifting and bending. Bending over tends to increase reflux. When lifting, bend at the knees.
- Do not take aspirin and similar drugs, which can irritate the esophagus and stomach, or take them with food or an antacid. For mild to moderate pain relief, try taking another nonprescription medicine, such as acetaminophen.
- Make sure that you stand or sit up when you swallow pills. Take a few sips of water to moisten your throat before you swallow the medicine. Drink a full glass of water to swallow the medicine. Do not lie down right after you take a medicine.
- Do not smoke or use other tobacco products. Smoking causes the valve between the esophagus and the stomach to relax and not close completely. This allows stomach acid to back up (reflux) into the esophagus.
- Maintain a healthy weight. Lose weight if you are overweight. Being overweight puts added pressure on your stomach and increases the chances that stomach acid will back up into the esophagus. Even losing a few pounds

can decrease your chance of developing heartburn or reduce your symptoms.

- Avoid alcohol.
- Decrease stress.
- Home cure remedies include:
 - Drink a teaspoon of baking soda in a glass of water for immediate relief.
 - Eat a tablespoon of dark brown sugar.
 - chew gum. After a few swallows heartburn is gone.
 - Take one tablespoon of yellow mustard.
 - Take cayenne, comfrey, pepsin, or thyme.
 - With each meal drink glass of water with one tablespoon of raw apple cider vinegar.
 - Drink a teaspoon of vinegar.
 - Try eating a red apple after dinner.
 - Take a glass fill it with a little bit of luke warm water, add lemon juice and drink. Do not fill the glass all the way to the top just a little.
 - Take papaya in capsule form for quick relief.
 - Chew on a Pine Needle and swallow the juices.
 - Chew on a wedge of raw potato and swallow the juices.
 - Drink a mixture of 1/4 teaspoon of baking soda and 1 tablespoon of vinegar with 4 ounces of water.
 - Drink a can of carbonated beverage.
 - Drink aloe vera juice, papaya juice, or peppermint tea.
 - Drink some ginger tea after meals.
 - Drink a glass of milk or eat some yogurt or ice cream for quick relief (calcium).
 - Pretzels!! Snack on some pretzels.

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



"A Red Herring"

MEANING: misleading or distracting, something that distracts attention from the real issue. The expression first came into existence as 'draw a red herring across the trail', which meant 'introduce some irrelevance. A red herring is a deliberate misdirection

Say WHAT???

Origin:

The terms origin has several explanations

Herring (the fish) used to be an important food item for both Europe and the Americas however the fish tended to spoil very rapidly and become inedible. Because of this the most practical way to preserve them was to cure them with a combination of salt and smoke, which turned the herring a deep crimson color. Hence the "red" in red herring.

Curing herring in this fashion not only preserves

the fish and changes its color, but also gives it a distinctive odor. The odor was used to train hounds to hunt foxes, these smelly red herrings, were dragged on a string through the woods laying down a trail of scent for the dogs to follow. Additionally, later in the training process, the red herrings were dragged across the scent trail of an actual fox to test the ability of the hounds to ignore a false clue and stick to the scent of the fox. From this practice comes our use of "red herring" to mean a false clue or bogus issue designed to confuse one's opponent. "Red herring" first appeared in the literal "smoked fish" sense around 1420, but the figurative "phony issue or false clue" sense didn't appear until around 1884.

British fugitives in the 1800s would rub a smelly herring across their trail, thereby diverting the bloodhounds that were hot in pursuit.

Poachers would interpose themselves between the prey and the hunting party and drag a red herring across the trail to mislead the dogs. This would give them the opportunity to bag the prey themselves.

In the 1920s, American investment bankers started calling preliminary prospectuses "red herrings" as a warning to investors that the documents were not complete or final and could be misleading. **FPT**

Greek continued from page 5

down the specific type of yeast (instant, inactive, active, fast rising...who knew?) I make an executive decision. Fast rising it, after all we are in a hurry. One more grocery stop. We buy a package of pita bread (back up). Now Subway and then home. We still have a few hours before bedtime. We can do this.

O.K. I don't know if they were out of bread and we had to wait for them to bake more or what but our Subway stop was slowly whittling away at our few remaining hours. After the sandwiches came we ordered drinks but apparently we had to wait for them to make more ice, and they had to look up the recipe so we voted just to get drinks at home.

8:00. My daughter has finished everything but the author page. "Dad, I need sources for the recipes." "Perfect." We spend 30 minutes trying to re-trace where we found the recipes. At this point I am thinking more and more about just using the "back-up" store-bought pita. I don't know if it's the call of the challenge, the lack of sleep or just that I love my daughter but no. We WILL make the pita. O.K. I will make the pita. She

will go to sleep. Here's the thing. The recipe calls for kneading the pita dough for 10 minutes and then letting it rise for 2 hours before you knead it again. After getting the children to bed, printing out and binding the book its 11:00 before I get back to the pita. I finish kneading, flouring and rolling and get the first batch in the oven. They come out looking like slightly browned hockey pucks. 35 slightly browned hockey pucks later, on my last bit of pita dough, I manage to achieve just the right kneading, rolling and baking combination to create the perfect pita. It's 2:00 am. Now that I know how to make the perfect pita, should I start all over so that my daughter may serve everyone perfect pitas? 6:00 am. I explain to my daughter what happened. I point out the one perfect pita. I look her straight in the eye and with as much sincerity and tenderness as I can muster I tell her, "Make sure your teacher gets that one." If nothing else this experience taught me two things. 1. Why that Greek restaurant guy is mad and 2. I guess my Internet service provider never really said WHICH Monday they would be out between 8 and 1 to fix my Internet connection. **FPT**

Q: How do you stop an elephant from charging?
A: Take away his credit card.

Q: Why do elephants have trunks?
A: Because they would look silly with glove compartments.

Q: What do you get when you cross an elephant with an ant?
A: A dead ant.

SUDOKU Medium Instructions on page 21

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Family
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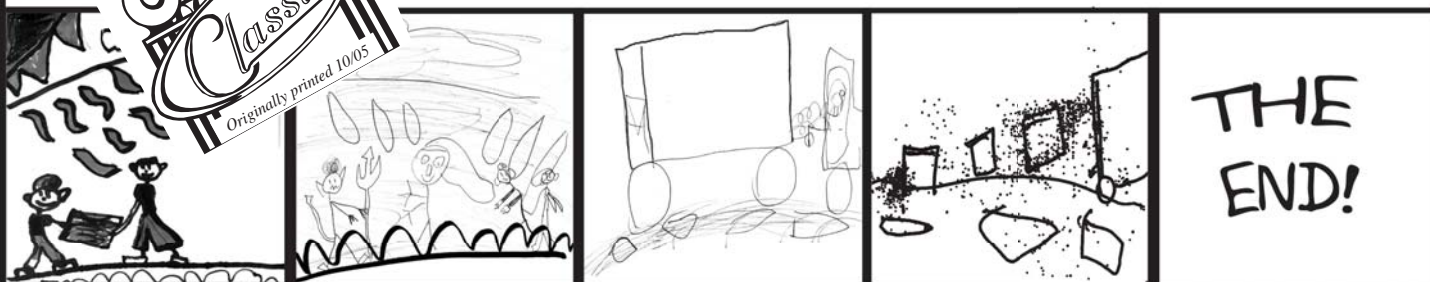
Classic

Originally printed 10/05

Family Pastime Kid-toons by kids for kids

This month's episode:

"Load the Truck" Story and Illustrations by Alyssa Dobson age 7, Johnson City, TN



They were taking their time doing their personal best when all of a sudden...

One of the men yelled "Hurry Up!" Because everyone was moving sooooo slow.

He was mad because he had to wait in his hot truck.

When everything was in the truck he left real fast, and forgot to lock the door and everything started to fall out!

Draw your own Kid-toon.

NOW IS YOUR CHANCE TO BE A CARTOONIST. DRAW A 5-PANEL STRIP AND WRITE THE STORY. IF WE USE IT YOU WILL GET AN OFFICIAL FAMILY PASTIME KID-TOONIST CERTIFICATE. RULES: DOWNLOAD A TEMPLATE AT WWW.FAMILYPASTIME.COM, THEN CLICK ON "HOW TO" AND THEN "KID-TOONS" OR USE BLANK WHITE PAPER (NO LINES). DRAW ONE PANEL PER 8.5 X 11 SHEET OF PAPER. DON'T USE COLOR. A BLACK SHARPIE-TYPE MARKER WORKS BEST. WRITE THE STORY UNDER THE DRAWINGS (AS IN THE STRIP ABOVE). PUT IT IN A BIG ENVELOPE SO YOU DO NOT HAVE TO FOLD IT. SEND IT ALONG WITH YOUR NAME, AGE, ADDRESS AND PHONE NUMBER TO: **Family Pastime KID-TOONIST P.O. BOX 3161, JOHNSON CITY, TN 37602-3161**



Have you ever heard of www.webkinz.com? You might ask, what's that? Well, Webkinz is a website on which you get to have your own pet. It's a stuffed animal that you can find in stores like Turtle's Nest. The cuddly toy comes with a secret code that you can use on the website that allows you to adopt a new pet.

What's a Webkinz?

By: Rhia Joker age 12, Johnson City

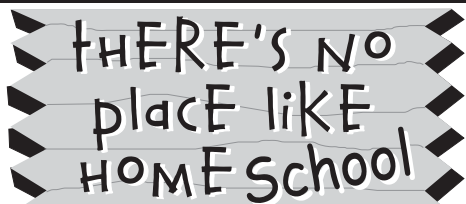
You can have as many pets as you want, but you have to be able to take care of them. This means feeding them, playing with them, and taking them to the doctor if they get sick. (This only happens if they're too hungry, or if their health or happiness is really low.)

You can build a house for them and decorate it the way YOU want it to look. You can also get clothes for them, and your pet will wear the clothes you pick out. Which brings me to kinzcash. Kinzcash is what you use to buy things for your Webkinz. This is clothes, food, furniture, or maybe a new room. (You can have as many rooms as you want in your house, as long as you can afford them.) To get kinzcash, you can play games in the arcade or the Tournament Arena, or you

can answer questions in the Quizzzy's Question Corner. You can use this kinzcash in the WShop, the Curio Shop, or to add another room. (Which is in your own house.)

You can also have friends on Webkinz, and send them letters or gifts. You may invite your fiends over to your house, or to a game in the Tournament Arena. You can meet them on Webkinz, or you can have friends you've met off-line and add their username to your friends list. There are lots of things to do in Webkinz world, so log on! **FPT**

Q: How many elephants does it take to screw in a light bulb?
A: Two, but you need a real big bulb.



Successful Homeschool 2007-2008 Top Ten Ways to Finish Well

In addition to **Family Pastime Magazine's** 2 year anniversary, next month Lisa Baughn will have been part of the **FPT** family for 1 year. We are so happy to have her and her great insight into the homeschooling community. Lisa will continue to provide us with great homeschooling information in addition, we are pleased to announce that soon Lisa will be launching a great new website with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips. We will keep you informed of her progress with that. If you ever have any suggestions or comments about the "There's No Place Like Home School" column please send us an e-mail to: homeschooling@familypastime.com.

As August swings around and heralds the end of summer, homeschool families are pulling together their homeschools with excitement. The new school year holds such promise, with a shiny new chance to create the homeschool that dances in our minds.

Invigorate the year with these Top Ten Tips To Transform Your Homeschool in 2007-2008

1. Get away planning. Plan a day or better yet a weekend. Whether you get away, or have a coveted day at home alone, with your parenting partner taking the children fishing, a quiet day or two of planning will build confidence as you nail down the final plans for the school year. You have traversed the highways and byways hitting all the fabulous local book sales, and you've got a plan, sort of, and you are ready to go. Grab a box for each child, gather all of the items you plan to use this year, a calendar, teachers planning book, laptop with spread sheet, co-op information, the whole kit and caboodle of what is going into your homeschool. Write out what you want to accomplish this year and break it down into bite sized chunks. Some prefer to have a basic idea with simple goals, other families feel more comfortable breaking tasks into more

detailed, weekly goals for each subject. Do what works for YOUR FAMILY and don't worry about what the other homeschool families are doing!

2. Plan to review and revise your goals quarterly, adjusting, as you need to. This gives you a fresh start FOUR TIMES each year and keeps you on target to finish well!
3. Kick learning up a notch ~ consider the learning styles of your children and your own teaching style, incorporating both into the master plan for the year.
4. Ask your child what THEY would like to focus on this year! Children are amazing especially when they have the freedom to follow their heart! Devote a semester or a class to one of your child's passions and watch them soar. Passions can become careers.
5. Think through each child's weaknesses and strengths. Determine to teach to ONE STRENGTH per child this year and watch for accelerated learning in that area.
6. Pick one area to EXCEL in as a family. Maybe that is volunteering, organizing around the house, working on a political campaign, fitness, a hobby, etc. – just choose one area and enlist the whole crew upward and onward. Children get excited to be part of a larger purpose and a grander vision.
7. Family Book List – make one, and then read through it! Create a notebook of all the books the family wants to read aloud this year. Assemble the list on a shelf next to the notebook. Read daily. When you finish a book, have everyone write his or her favorite part, a funny line, a silly saying or something memorable from the book. Nothing knits the heart of a family together like sharing literature and reading great books together.
8. Create a Family Field Trip List – Map out when and where you want to go. Children love to travel, see new things and have adventures. Stop by the Welcome Center off I-81 and grab some local brochures to help plan some great local trips. Let the children make a notebook out of all they want to see.

Spring a surprise day on them once a month and go out for a fascinating field trip to reinvigorate the team, wrapping it around a subject being studied.

9. Plan for "Wild Days" grab your nature journals, sketching materials and head out the door on those days you can't stand to sit behind a desk anymore. Pack a lunch or snacks and take an afternoon to sit and observe, sketching in your nature journals and enjoying creation! Plan to take at least one Wild Day per quarter (or one a month). This adventure will count as science & art!
10. Breathe! Create an action plan to take care of YOU this year. Let's face it, homeschooling is hard work! Plan a cup of tea in the afternoon, Inductive Bible study, journaling, 15 minutes of reading a good book, date night with your spouse, scrapbooking, quilting, exercising, or something that refreshes and strengthens YOU. Burnout happens when parent's give, give, give and never rest to stop!

Enjoy the 2007-2008 school year - build in some breaks, exciting adventures, ways of excelling, great books, a rest for You and create a wonderful year chock full of memories. **FPT**

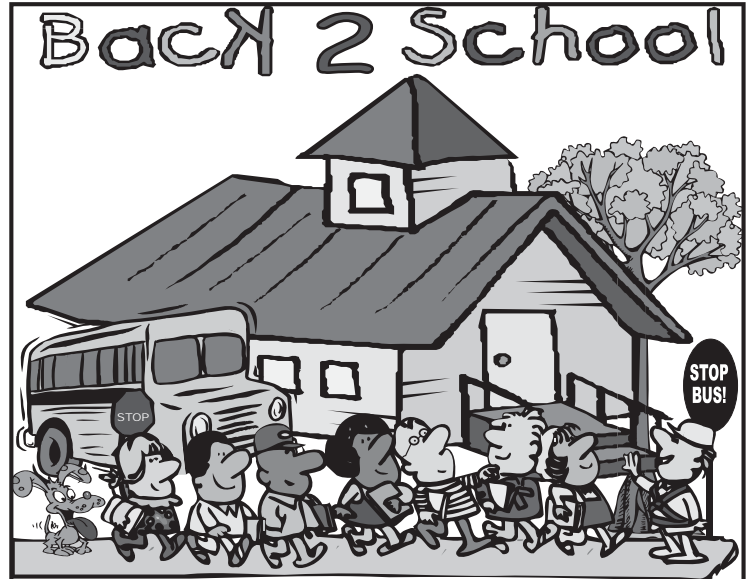
Lisa and her husband Dave Baughn moved to Gray, TN, in April of this year, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 7 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling. You can e-mail them to homeschooling@familypastime.com

Hard answer from last month

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

DOUBLE TAKE

Find at least 16 differences in the two pictures (answers are on the bottom...no peeking!!!)



- DOUBLE TAKE
- ANSWERS
- Back 2 school sign
- School roof
- Tree shorter
- Door knob
- Window bigger
- Stop sign on bus
- Bus stop
- Dog tale
- Bus window
- Lunch box
- Glasses
- School steps
- Crossing guard hat
- Bus stop lights
- Door taller
- Roof longer

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

SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle or if you can't wait go to www.familypastime.com & click on the "answers" button.

Easy Answer From last month

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



Calling All Pets and People: Show Us Your Special Moments Together!

With more than 350 million pets in the United States, according to the American Pet Products Manufacturers Association (APPMA), a record number of people and their pets are experiencing the benefits of sharing time together. Beginning in August, cats, dogs and owners everywhere are invited to celebrate these special moments in the "Here's to The Goodlife" pet video contest sponsored by The Goodlife Recipe brand food and treats for cats and dogs.

Does your Persian paw at your face to wake you up each day? Maybe you and your Poodle play piano together to relax after work? The "Here's to The Goodlife" pet video contest celebrates relationships between people and pets through singing, dancing, playing or just enjoying



life together. We're looking for special moments that show how well you and your cat or dog live life together. The way you do it is up to you, as long as the interaction makes you both happy.

It's easy to participate! Share a glimpse of your life together in a short video that shows how you and your pet

celebrate your special relationship. Video entries demonstrating these real moments will be collected from the week of August 20, 2007 through October 12, 2007 and featured online where participants can view and vote for their favorites. At the close of the contest, those featured as the top-rated entries

win an all-expenses-paid trip for a special event to select a grand prize winner. To find out which pet-loving celebrity will be helping select the winner visit www.goodliferecipe.com.

One lucky pair will walk away with an opportunity to be featured in an upcoming The Goodlife Recipe commercial, \$10,000 and a year's supply of The Goodlife Recipe products. The first runner up will receive \$5,000, a photo shoot for an upcoming print campaign and a year's supply of The Goodlife Recipe products.

For more information about the



"Here's to The Goodlife" pet video contest, including official entry rules, video size, music to choose from, sample videos and instructions on how to upload your video, visit www.goodliferecipe.com. **FPT**

Courtesy of ARA content

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Technology Helps Families Make Time for Togetherness

When back-to-school time rolls around, the hectic juggling of family schedules begins. Between buying books, running errands and adjusting to new routines, maintaining a regular family life is anything but easy.

With time occupied by work and school, after-school sports and homework, family

togetherness often falls by the wayside.

Finding time to spend together as a family is easier when families develop a plan and use technology to their advantage to save minutes and hours. Here are some tips:

- Create a family e-mail list. Kids and parents should consider communicating their schedules electronically. It saves cell phone minutes and provides an easy, streamlined way to share information.
- Working in conjunction with the e-mail list could be a family online calendar. For example, Google's Web-based calendar system is easy to use and even sends e-mail reminders.
- Buy books online. Shopping online can save you time, so you don't have to commute back and forth between bookstores. There are a number of Web sites where you can buy books cheaper than in stores. Try sites such as www.mbsdirect.net or www.bigwords.com.
- Take control of the TV. Television has long been a staple of the American family routine,

but these days, finding time to watch your favorite shows is proving more difficult, sometimes impossible.

- That's why digital video recorders are becoming more popular. DVRs can capture programs digitally and store them for later viewing, so you can make television work around your schedule. Services such as satellite provider DISH Network frequently offer affordable



packages that combine programming and industry leading DVRs, saving you both time and money.

- Do homework together. When kids have homework that requires Internet research, parents can participate, working with their children to track down resources for papers or projects. This way, parents and their kids not only spend time together, but they also have the opportunity to learn from each other.

FPT

Courtesy of NewsUSA

Q. Why did the boy tiptoe past the medicine cabinet?
A. He didn't want to wake the sleeping pills!

Q. Why did Goofy put a clock under his desk?
A. Because he wanted to work overtime!

Q. How does a moulded fruit flavoured dessert answer the phone?
A. Jello!

PARENTING

Final Harry Potter Book Offers Double Lesson in Grief, Death

By: Amy Patterson Neubert

“Readers will grieve for characters who die and that this is the last book. Parents should realize the end of the series is an added factor in how their child might react.”

Servaty-Seib says the latest book, “Harry Potter and the Deathly Hallows,” as well as J.K. Rowling’s other Potter books, are good tools for teaching children about the nature of death. In the final Potter book, characters are expected to die, and in previous books, death has been a persistent theme. Earlier books have explored Harry’s feelings after the deaths of his parents, as well as the deaths of other characters, including a classmate.

Servaty-Seib says children often do not have any experience with death until someone they are close to dies, and the Harry Potter books provide teachable moments that can prepare children.

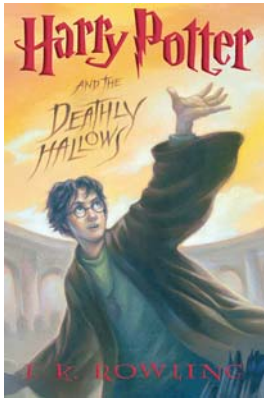
“Parents need to talk with their children,” she says. “I encourage parents to start the conversation before children start reading the book. It is not as much about the content of these discussions, but rather about communicating an attitude of openness. Start by asking your children what they have heard about the book and also perhaps about what the title, which mentions death, means to them.”

Whenever speaking to children about death, Servaty-Seib recommends parents use the words death, dying and dead. Euphemisms are confusing for children and often cause difficulties.

“Children are curious about death at a very young age. It’s like birth, growth, aging and other aspects of human development,” she says. “It’s something children need to know about.” **FPT**

Harry Potter fans will anguish not only over the foreshadowed deaths of main characters, but also the end of a beloved series, says a Purdue University expert on childhood grief and mourning.

“We grieve for things that we are attached to, and children, in particular, have gotten attached to these characters,” says Heather Servaty-Seib, a counseling psychologist and assistant professor of educational studies.



Q. When do you stop at green and go at red?

A. When you're eating a watermelon!

Q. How did the farmer mend his pants?

A. With cabbage patches!

Q. Why don't they serve chocolate in prison?

A. Because it makes you break out!

Q. What do you call artificial spaghetti?

A. Mockaroni!

Instructions:

Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

SUDO-KID-U 1

		2	
1			
			3
	1		

SUDO-KID-U 2

	3		1
			3
		4	

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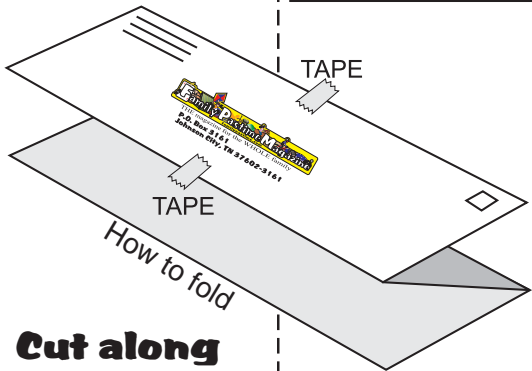
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By: Family Pastime Staff



Have you ever seen someone pop a balloon with a needle? Is it possible to stick a needle through a balloon without popping it?

You will need the following materials:

- Balloons
- Long wooden or metal skewers
- Petroleum jelly
- A sharp pin
- Cellophane tape

Blow up a balloon - not too full - and tie the opening shut. Dip the tip of a skewer in Vaseline and spread the Vaseline along the entire length of the skewer. If you are careful, you should be able to push the skewer all the way through the balloon without popping it. Insert the skewer with a gentle twisting motion into the end of the balloon opposite the knot.

Continue pushing and twisting the skewer until the tip emerges from the other end, near the knot. Why doesn't the balloon pop?

Now try to stick the skewer into the side of the balloon. What happens?

The rubber in the balloon consists of many long molecules that are linked together. It's similar to the way all of the noodles in a plate of spaghetti stick together. These long molecules are called polymers; when molecules of a polymer are chemically attached to each other, it is called cross-linking. These links hold the polymer molecules together and allow them to stretch...up to a point. When the force or tension pulling on the cross-links is too great, they will break, and the polymer will pull apart.

Look at the rubber near the ends of the balloon where you first inserted the skewer. Does it look lighter or darker than the rubber in the rest of the balloon?

The rubber at the ends of the balloon

is stretched out less than in the middle of the balloon. Therefore, there is less force pulling on it. This allows the tip of the skewer to break some polymer cross-links, push aside the molecules of rubber, and slide into the balloon. However, enough cross-links remain so that the balloon holds together.

In the side of the balloon, there are fewer polymer molecules. When you push the tip of the skewer through the rubber in the side of the balloon and the skewer breaks a few of the cross-links, the tension on the remaining cross-links is too great, and the balloon pops.

Do you think there is a way to stick a sharp pin through the side of a balloon without popping it?

Put a small piece of cellophane tape on the side of the balloon and press it down well. Now take the pin and press it through the tape and into the balloon. Does the balloon pop?

The tape sticks to the rubber in the balloon and will not allow the rubber to stretch to the breaking point when the pin pierces the balloon. In other words, the tape reinforces the cross links, and the balloon stays together. **FPT**

SUDOKU REALLY HARD
Instructions on page 21

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

SUDO-KID-U answers from last month

01				02			
1	3	2	4	4	3	1	2
2	4	1	3	2	1	4	3
3	1	4	2	1	2	3	4
4	2	3	1	3	4	2	1

Kid Friendly Recipes



CHEDDAR CHEESE-STUFFED BURGERS

Serves 4.

SUPPLIES:

- 20 ounces ground sirloin or lean ground beef
- 2/3 cup finely chopped red onion
- 1/2 cup chopped fresh parsley
- 4 teaspoons Worcestershire sauce
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 C grated sharp cheddar cheese
- 4 large (4 1/2-inch-diameter) English muffins, split horizontally

HOW TO:

1. Prepare grill to medium-high heat.
2. Combine meat, onion, parsley, Worcestershire sauce, salt and pepper in medium bowl and blend well.
3. Divide meat mixture into 4 equal portions.
4. Shape each into ball.
5. Poke deep hole in each ball and fill each with 1/4 C cheese.
6. Mold meat around cheese to enclose.
7. Flatten each filled burger to 3/4-inch-thick patty.
8. Grill burgers as desired, about 5 minutes per side for medium.
9. Grill muffin halves until beginning to color, about 1 minute per side.
10. Serve burgers in muffins.

OVEN "FRIED" CHICKEN FINGERS

SUPPLIES:

- 2 1/2 lb skinless boneless chicken breast halves
- 1 1/2 sticks melted, unsalted butter
- 3/4 tsp salt
- 1/4 tsp black pepper
- 7 C cornflakes, coarsely crushed
- Dipping sauce of choice

HOW TO:

1. Put oven racks in upper and lower thirds of oven and preheat oven to 425°F. Butter 2 large shallow (1 inch deep) baking pans.
2. Gently pound chicken between sheets of plastic wrap with flat side of a meat pounder or with a rolling pin until 1/3 inch thick.
3. Cut chicken lengthwise into 1/2-inch-wide strips.
4. Stir together butter, salt, and pepper in a shallow dish.
5. Put cornflakes in another shallow dish.
6. Working with 1 strip at a time, dip in butter, then dredge in cornflakes, pressing flakes firmly to help adhere. Transfer as coated to baking pans.
7. Bake, switching position of pans halfway through baking, until chicken is golden and cooked through, about 15 minutes total.
8. Cool chicken in pans on racks to room temperature (crust will firm up as it cools).

Peanut Butter Rolls

SUPPLIES:

- Flour tortillas
- Peanut butter
- Jelly
- Raisins (optional)

HOW TO:

1. Heat tortilla briefly in microwave oven to soften
2. Spread peanut butter, then jelly on tortilla. Sprinkle with raisins.
3. Roll up tortilla.

Crunchy Ham & Cheese Wrap

SUPPLIES:

- Flour tortilla
- Lettuce
- Tomato wedges
- 3 slices Thin cooked ham
- 1 Slice American cheese
- Lite mayonnaise
- Baked Potato chips

HOW TO:

1. Heat tortilla briefly in microwave oven to soften
2. Spread mayonnaise onto flour tortilla.
3. Layer lettuce, tomato wedges, ham, and cheese down the center of the tortilla.
4. Top with baked potato chips. Roll and fold the filled tortilla.

PICNIC CHICKEN

SUPPLIES:

- 1/2 cup fresh lemon juice
- 6 garlic cloves
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram or Oregano
- 1/2 teaspoon dried summer savory
- 1 4 1/2-to-5 pound roasting chicken preparation

HOW TO:

1. Blend first 6 supplies in blender until garlic & bay leaf are finely chopped.
2. Transfer mixture to bowl.
3. Add chicken to bowl and turn to coat.
4. Marinate chicken in bowl in refrigerator, breast side down, overnight.
5. Preheat oven to 375°F.
6. Place rack in roasting pan.
7. Remove chicken from marinade, reserving marinade.
8. Place chicken on prepared rack and season with salt and pepper.
9. Roast in oven until chicken is cooked through, basting occasionally with reserved marinade, about 1 hour 20 minutes.

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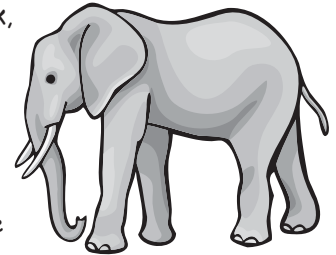
By: Georgia Teich

Elephants are classified as mammals and are the largest

land animals alive today. At birth an elephant calf can weigh as much as 265 lbs. An elephant may live as long as 70 years. The largest

elephant ever recorded weighed about 26,400 lbs. Walking at a normal pace an elephant will travel at about 2 to 4 miles per hour, but can reach 24 miles per hour at full speed. They communicate over long distances by producing and receiving low-frequency sound, which can travel through the ground farther than sound travels through the air. This can be felt by the sensitive skin of

an elephant's feet and trunk, which pick up the resonant vibrations much as the flat skin on the head of a drum. To listen attentively, every member of the herd will lift one foreleg from the ground, and face the source of the sound, or often lay



its trunk on the ground. In Asian cultures elephants are a symbol of wisdom. Elephants have the largest brain of any land animal, and are considered extremely intelligent. **FPT**



Jupiter

Five Ways to Maximize Your Back to School Budget

strategy before you venture to the malls.

Tip No. 1 - Generate a list of necessities and stick to it.

Younger children typically receive a list of required supplies directly from their school. Most teenagers will want to generate their own lists -- make sure to spend time reviewing it together before you head to the stores. Often a teenager's definition of "necessity" may be slightly different than their parent's.

Sending kids off to college? Remember -- they'll need a lot more than the basics. Make sure to include items such as linens, laundry supplies, computers and more.

Tip No. 2 - Watch for sales.

It seems like back-to-school sales start earlier every year. Start as early as possible and stockpile supplies little by little as they go on sale. By spreading out back-to-school expenses into several smaller purchases as you find the sales, you'll feel less of an impact on your budget, and you'll save money overall.

In addition to the basic school supplies and clothing, bigger ticket items such as electronics, laptops, calculators, cell phones, MP3 players and digital cameras tend to go on sale as new items are often released to hit stores in time for holiday shopping.

Tip No. 3 - Take advantage of price matching.

Many retailers now offer to match their competitor's prices. If an item on your list is on sale at a store that's too far out of your way, look

for a more convenient, competitor store that will match the offer. You'll not only spend less on the item itself, but you'll save yourself time and gasoline.

Tip No. 4 - Supplement your budget with your change.

Concerned about how you're going to pay for all the things your list? Coinstar, Inc. estimates that there is approximately \$90 worth of change in the average American home waiting to be put to good use.

Take your change to the nearest Coinstar Center and have it counted for free when you place the value of your change onto a gift card or certificate from retailers like Amazon.com, Circuit City, iTunes, Timberland and more. Or, turn your change in for cash (there's a nominal service fee) and spend it anywhere you like. (Visit www.coinstar.com for details and to find the nearest location.)

Tip No. 5 - Ask for student discounts.

Don't forget about student discount programs. While most are geared towards college students making their own purchases, many are extending to middle and high school students. Depending on the amount of the purchase, the savings could be substantial.

Courtesy of ARA content

For students across the country, the beginning of a new school year is just around the corner. And, if you haven't started your back-to-school shopping yet, you may soon find yourself dealing with large crowds and pricey cash register totals.

Back-to-school spending is expected to jump 6.9 percent this year, and families with school-aged children are expected to spend a total of \$18.4 billion, an average of \$563.49 per child. According to the National Retail Federation's 2007 back-to-school survey, here's how the register totals break down:

- Clothing and accessories: \$231.80
- Shoes: \$108.42
- School supplies (notebooks, backpacks and lunchboxes): \$94.02
- Electronics or computer-related equipment: \$129.24

To reduce the financial strain of back-to-school expenses, use these five tips to develop a

Q. What happens to a hamburger that misses a lot of school?
A. He has a lot of ketchup time!



Fun Family Events AUGUST



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

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

- 1. Girlfriend's Day, National Urban Eden Day, Respect For Parents, Rounds Resounding Day
- 2. Hypnosis Day, Satchmo Day, National Pretty is as Pretty Does Day
- 3. Braham Pie Day
- Hands On!**, 10am-2pm - Wacky Sports Day, at Carver Rec. Park. FREE games, snacks, and prizes.
- Jonesborough**, Music On The Square. Bryan Bowers / Sons of Bill 7 pm
- 4. Coast Guard Day, National Chocolate Chip Day, National Mustard Day, Women's Pro Football Day, National Gymnastics Day
- Hands On!**, Art Schedule Make a friendship bracelet to give to a someone you care about.
- 5. National Kid's Day, Psychic Sunday, Sister's Day, Friendship Day
- Hands On!**, Art Schedule Make a friendship bracelet to give to a someone you care about.
- 6. Hiroshima Day, National Fresh Breath (Halitosis) Day
- 7. National Night Out, Particularly Preposterous Packaging Day, Professional Speakers Day
- 8. The Date to Create, Happiness Happens Day, Sneak Some Zucchini Onto Your Neighbor's Porch Night, National Underwear Day
- 9. Filipina-American Recognition Day, International Day of The World's Indigenous People, Veep Day:
- 10. National Duran Duran Appreciation Day,

- S'mores Day, Kool-Aid Day
- Jonesborough**, Music On The Square. Cindy Kalmenson / Scat Cats 7 pm
- Kingsport** Civic Auditorium, "City Celebration" 7 p.m. - 10
- 11. **Hands On!**, Back to School Days. Receive a color-changing pencil as supplies last.
- Kingsport**, 3rd Annual Homegrown Tomato Fest 9 am-Noon, Glen Bruce Park.
- 12. Eleanor Roosevelt Day, International Youth Day, Vinyl Record Day, Elvis Presley Commemoration Day
- Hands On!**, Back to School Days. Receive a color-changing pencil as supplies last.
- 13. International Left Handers Day
- 14. National Navajo Code Talkers Day, V-J Day
- 15. Best Friends Day, Chauvin Day, National Relaxation Day, World Day of Reiki
- 16. Joe Miller's Joke Day
- Hands On!**, 6:00pm - Helping Hands Dinner celebrating our 20th Anniversary 434-HAND
- 17. Meaning of "Is" Day, Men's Grooming Day, Sandcastle Day
- Jonesborough**, Music On The Square. Carroll County Ramblers / Barrel House Mamas 7 pm
- 18. Bad Poetry Day, National Homeless Animals Day, National Personal Chef's Day
- Hands On**, Art Schedule Paint your plate! Use food of all types to create a painting that looks good enough to eat.
- 19. Aviation Day, "Black Cow" Root Beer

- Float Day, Sandcastle & Sculpture Day
- Hands On!**, Art Schedule Paint your plate! Use food of all types to create a painting that looks good enough to eat.
- 20.
- 21.
- 22. Southern Hemisphere Hoodie Hoo Day, Be An Angel Day
- 23. Day For The Remembrance of The Slave Trade & Its Abolition, Valentino Day
- 24. Vesuvius Day, National Waffle Day
- Jonesborough**, Music On The Square. Lightnin' Charlie & the Upsetters/Lonesome Coyotes 7 pm
- 25. Kiss and Make Up Day, National Second-hand Wardrobe Day
- Johnson City** Tree Streets Yard Sale! Johnson City
- Hands On!** Dog Days of Summer learn to pamper your pooch with a dog treat recipe and learn about pet care.
- JCPL** Movie @ your Library, **Mr. Holland's Opus** 2 pm
- 26. National Dog Day, Pony Express Day, Women's Equality Day, Chris' Dad's Birthday!
- 27. "The Duchess" Who Wasn't Day
- 28. Race Your Mouse Around the Icons Day, Crackers Over The Keyboard Day
- 29. According to Hoyle Day, More Herbs, Less Salt Day
- 30. National Holistic Pet Day, National Toasted Marshmallow Day
- 31. Love Litigating Lawyers Day
- Jonesborough**, Music On The Square. Jonathan Byrd and Diana Jones 7 pm

Back Pain & Sciatica

Tri-Cities, TN – Back, hip, and leg pains caused by degenerated, arthritic, bulging and herniated disc have confounded the medical community for years. Although medications, injections, physical therapy, traction and surgery can possibly give patients relief, it is usually temporary. Nine out of ten patients experienced the pain again within a relatively short amount of time after treatments. Now there is a back pain guide that you can receive for free entitled, "The Severe Back, Sciatica, And Disc Pain Guide" that helps to explain why conventional treatments often fail while revealing a relatively new surgery-free, non-invasive technology designed to treat severe low back, buttock and leg pain along with herniated and slipped discs.

To receive the guide free, call 1-888-851-5755 (Toll-free 24 Hour message) or go to: www.avoidlowbackssurgery.com.

DayCare

Family Pastime Magazine will be looking at local day care options for Tri-cities residents in the September issue. If you would like to contribute information please mail it to:

Family Pastime Magazine—Daycare P.O. Box 3161 Johnson City, TN 37602-3161 or e-mail it to: editor@familypastime.com

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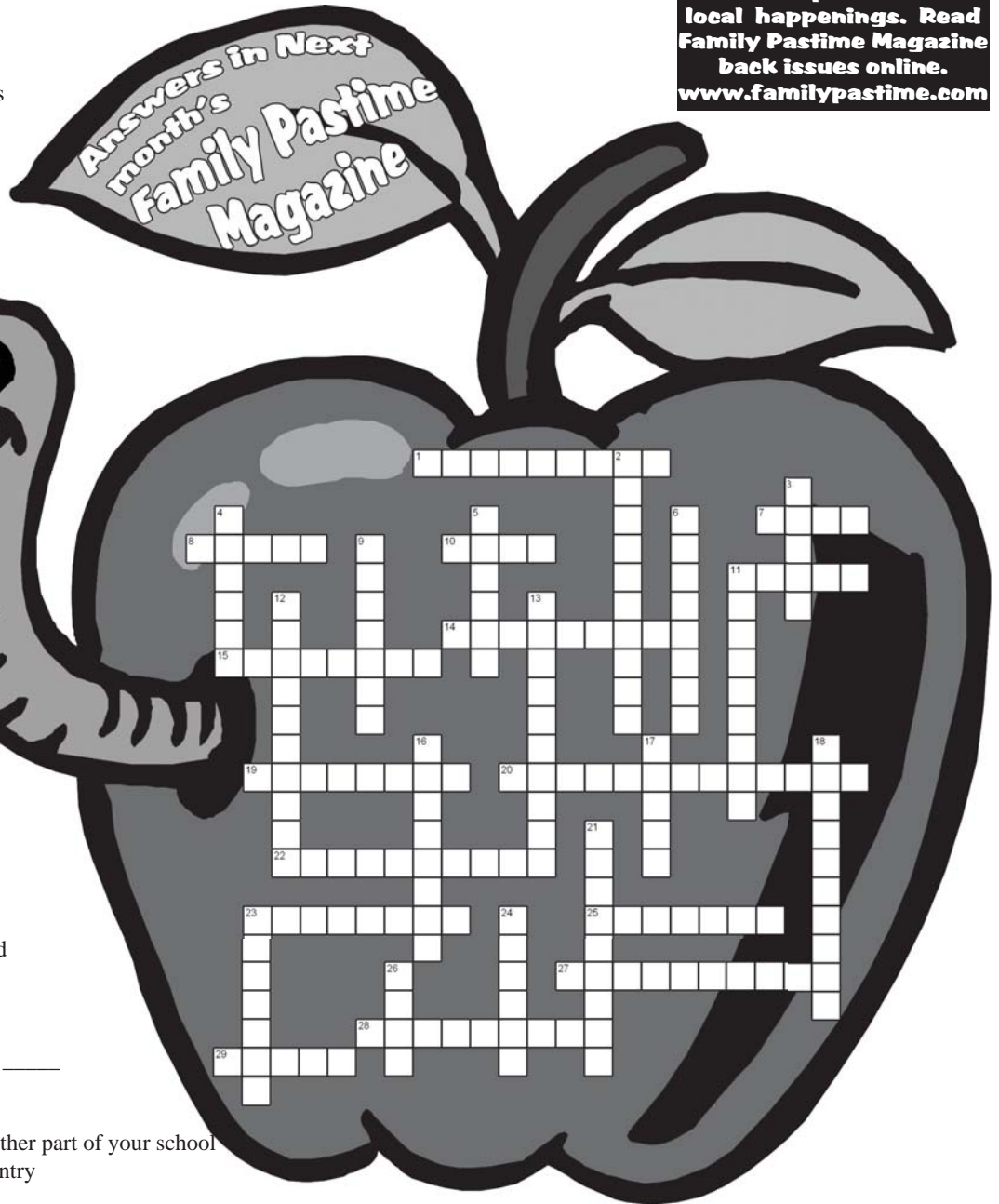
Catch up on all the local happenings. Read Family Pastime Magazine back issues online.
www.familypastime.com

Across

1. Big cheese at school
7. Sometimes these pop
8. A set of written, printed, or blank sheets bound together into a volume
10. You write and study here
11. Stand up but sit down
14. Even though you do not always go to pasture this journey is called a _____ anyway.
15. Don't run with these
19. Comes out once a year
20. The study of social issues
22. The teacher writes here
23. Bring your grub to school in this
25. What you are doing right now
27. Use this to figure all the angles
28. Nets are used here
29. What you will do to enter this answer

Down

2. We gather here for special events
3. Learn about scales and notes here
4. Sometimes y
5. Number 2
6. Also used for hiking
9. This subject "rocks"
11. The wheels on this go round and round
12. The third "r" of learning
13. Where the swingers are
16. Place to keep blank paper
17. Kids in your classroom are all in your _____
18. Statement of your status
21. Keeper of the books
23. This place has more stories than any other part of your school
24. With the right combination you gain entry
26. A big test





Family Crypto-Time Last month's answer

"Anyone who trades liberty for security
UTKHTA XDH LCUYAI SRFACKL PHC IAGOC
deserves neither liberty nor security
YAIACQAI TARLDAC SRFACKL THE IAGOC

~Benjamin Franklin

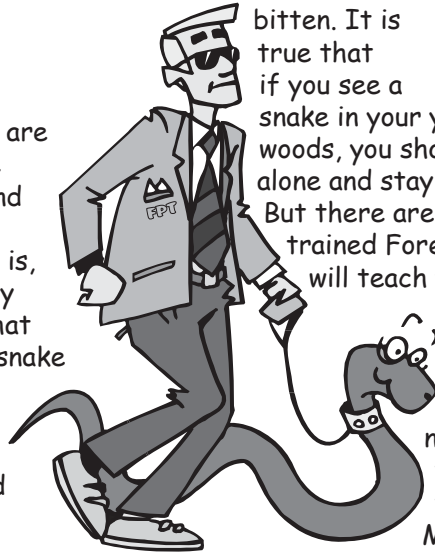


Slimy, Slippery Snakes

By: F. Bailey



Slippery, slimy, and scary are ways that people describe snakes. Between snakes and spiders, most people are scared to death. The fact is, snakes are neither slippery nor slimy they just look that way. If you could touch a snake you would feel that their skin is smooth, soft, and leathery. In fact, some snakeskins have been used to make useful things like shoes and belts.



bitten. It is true that if you see a snake in your yard or in the woods, you should leave it alone and stay away from it. But there are places where trained Forestry Rangers will teach you about snakes and even will let you touch one of the non-venomous varieties. Our very own Bays Mountain Park has a fantastic

Herpetarium, which is a reptile and snake exhibit. They also offer fun and informative live snake shows. Visit their website at www.baysmountain.com for more information.

Snakes help our environment in ways that most of us never think about. Could you imagine how many mice would be running around if we did not have snakes? Snakes help to keep most of the rodent population under control.

Most everyone is afraid of snakes because they are afraid of being

prey. Scientists say that snakes do not like to bite people. They say that a snake only bites when it feels threatened or trapped and has no other option. If you leave snakes in the wild alone and are careful not to accidentally step on one, chances are you will never be bitten.

The prize for "The World's Most Venomous Snake" goes to the Inland Taipan of Australia, but the Box Jellyfish is much more poisonous. Remember that just because something is poisonous doesn't mean that it is bad. We must be careful and respect these creatures and let them do what they were put on the earth to do.

To meet some "slimy" snakes visit **Family Pastime Sponsor Critters and Creepers** 105 1/2 Fox Street in downtown Jonesborough. **FPT**

Herpetarium, which is a reptile and snake exhibit. They also offer fun and informative live snake shows. Visit their website at www.baysmountain.com for more information.

Advertise in Family Pastime Magazine!

Help support the **only** local publication dedicated to families.

Advertise your business in **Family Pastime Magazine.**
Call Joy at **423.765.3215**

Sudoku last month's Really Hard answer

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





The Legend of Zelda: Twilight Princess

By Luke Lawrence of Kingsport, age 13

I love playing this awesomely cool game. I have picked this game to talk about because with all of my games it seems to be the most popular right now. I enjoy it because it is mentally challenging. Since Christmas I have made it to the third level and find there are many more levels to go. It holds my interest. This game is exceptional in many ways.



First the graphics far surpass those of the last game (Legend of Zelda: The Windwaker). In Twilight Princess are a lot more realistic and the characters seem less "cartoony" and mechanical. Also this game offers many features not in the last game: you can own your own horse, you can shoot arrows from horseback, you can fuse arrows with bombs to make bomb arrows, and you can use the hawk's eye to give your bow a scope. The best feature in all of the Zelda games is the Master Sword. It is

the most powerful weapon and the most useful tool. Twilight Princess has new items. Some new items are the double clawshot (a swinging grappling hook), Iliia's charm (a horse call), and the Zora armor, (allows one to breathe under water). The main object of the game is to defeat Ganondorf, Link's archenemy.

Through the nine levels you need to gather three fused shadows, three shards of the mirror of twilight, and the last three levels are yet to be discovered. So far the biggest surprise was when Link unexpectedly turned into a wolf upon entering the twilight. There is nothing in this game that I really disliked. All in all I give this game two thumbs up. The Legend of Zelda: Twilight Princess is rated T (Teenager) for animated violence and virtual blood (though I have not seen any yet) and may be too intense for younger gamers. For help and strategies you can purchase The Legend of Zelda: Twilight Princess strategy guide from anywhere games are sold. **FPT**

SUDOKU EASY

Instructions Below

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

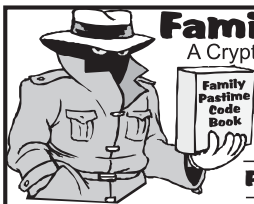
SUDOKU HARD

Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

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

Sudoku Medium answer from last month

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



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.

PWS ZMASDP ZJ STODCPGZQ GN PZ VLSVCLS
 PWS EZQOI PZ STODCPS PWSBNSYKSN
 PWLZOIWZOP PWSGL YGKSN.

~Robert Maynard Hutchins

If you need a clue look on page 18. Look for the answer next month or online if you just can't wait.

A Special Message From Your Friends At Music On The Square

WHEN: Sunday, August 5th 5:00 p.m.

WHERE: The Charles 308 East Main Street Johnson City, Tennessee

Join us for a special evening of fun, music and laughter to benefit our dear friend Vickie. Most of you know Vickie is being treated for breast cancer. She is recovering from her mastectomy and awaiting chemotherapy and possible radiation. Vickie has been a hero and inspiration through it all, never losing her sense of humor or her quick wit. We are so proud of her!!!

We have put together an extraordinary evening of entertainment you won't want to miss, including the talented singer, songwriter Kimmie Rhodes. Kimmie has written for and recorded with artists such as Willie Nelson,

Emmylou Harris, Mark Knopfler, Wynona Judd, Trisha Yearwood, Amy Grant, Townes Van Zant, Peter Frampton, and Waylon Jennings to name a few. Kimmie has performed on Austin City Limits and Late Show with David Letterman. Her songs have been included in a number of movie and TV soundtracks. Several of her songs have received Grammy nominations. She is also a playwright and actress. For more information please go to kimmierhodes.com.

Joining Kimmie will be her husband/producer Joe Gracey on bass, Mike Knowles on guitar, and John Gardner on percussion. The Mudbugs, Simple Solace and The Ozone Rangers will provide additional entertainment.

There will be several opportunities to hear and see Kimmie around the area. She will be live on WETS on Friday August 3rd, around 3pm,

and will do a cameo performance at Music on the Square in Jonesborough at 7pm on that same day. Then Kimmie will be doing a songwriter workshop Saturday August 4th from 11:00 am to 1:00pm at the Johnson City Public Library for those interested in her ideas for putting together a great song.

We would like to help Vickie with her \$10,000 per year medical deductible. Generous donations will be appreciated.

Make your donations to:

Vicki Phillips Medical Fund
First Tennessee Bank
P.O. Box 1596
Johnson City, TN 37605

There will also be local arts & crafts, drinks and Hors d'œuvres available. We hope can join us for this special event. Thank you for your kind support.

FPT

Q. Why did the man at the orange juice factory lose his job?
A. He couldn't concentrate!

Q. How do you repair a broken tomato?
A. Tomato Paste!

Q. Why did the baby strawberry cry?
A. Because his parents were in a jam!

Q. What kind of egg did the bad chicken lay?
A. A deviled egg!

Q. What kind of cake do you get at a bad cafeteria?
A. A stomachcake!

Q. Why were the teacher's eyes crossed?
A. She couldn't control her pupils!



HEALTH MATTERS

By: Patsy Meridith

No doubt about it, stress can have potentially damaging effects on our health. Many people ask us for a natural way to help them keep the detrimental effects of stress under control.

When we face stressful situations, our cortisol

levels rise. With a quick return to normal at age 20, cortisol levels take days to normalize after age 40. Increased levels of cortisol can contribute to weight gain, fatigue, bone loss, insomnia, hypertension, and other maladies. We recommend "STRESS take care", a blend of powerful adaptogenic herbs that support and strengthen our cardio, adrenal and immune system responses to stress. These herbs have been used for millennia in Chinese, Indian and Russian traditional medical systems. With such herbs as rhodiola, astragalus, schizandra, ginseng and tumeric, "STRESS take care" can help you to control the effects of stress. As always, we guarantee your satisfaction.



Johnson City Crossing Near Old Navy
423.610.1000 www.NFMonline.com
10-8 Monday - Saturday 1-5 Sunday

Q. How do you catch a squirrel?
A. Climb a tree and act like a nut!

SUPER SUDOKU

answer from last month

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



"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** 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**

STARBUCKS—Watch Your Back

A new coffee stand in Johnson City is making serious inroads. Gabriel Couper 9 years-old recently arrived from the Ottawa Valley in Canada, with a desire to earn a little spending money. What's a boy to do? Start a business! Back in the day it was a lemonade stand but being of the new millennia mind set and secure in the knowledge that Americans love their coffee, Gabe and his Dad came up with the idea of a "Coffee Stand". Gabe's Coffee stand on West Unaka Avenue (just West of Montgomery avenue across from Carver Park) serves coffee and muffins to morning commuters every morning between 6 and 8 am. Gabe says business is good, with several regular customers. Gabe's



staff includes his sister at cleanup time, and an older brother for the evening muffin bake.

Gabe's business philosophy states that quality and cleanliness are important to good business so he makes sure his stand provides both. Coffee is \$1 and muffins are \$1. Or you can get the soon to be famous Gabe's coffee and muffin combo for only \$1.50, quite a savings. Being the entrepreneur that he is, Gabe has offered to give customers the "Gabe Special Blend" coffee to anyone who mentions this Family Pastime Magazine article...at no extra charge. **We** would provide more information about the

coffee stand but its proprietor (Gabe) has an appointment to set up a bank account. We would suggest Bank Of Tennessee, not only a Family Pastime Magazine advertiser but they also offer a great small business account special. **FPT**

WoodWick
"Scent never sounded so good"
 Great gifts for ANY occasion

House 2 Home
 1805 N. Roan in the Lone Star Shopping Center Near the Mall in Johnson City
 Phone: 423.952.HOME(4663)
 www.shophouse2home.com

Recipe HELP!!!

Family Pastime Magazine is planning a recipe book for the holidays. We have lots of great recipes from the past 2 years but we are looking for more. If you have a great family recipe you would like to share send it to us along with a little info about you so we can properly credit you. If you are a

restaurant chef or know one, we would love to have ideas from you as well. We will be happy to credit the restaurant. Send submissions to: **recipes@familypastime.com** or **RECIPES Family Pastime Magazine** P.O. Box 3161 Johnson City, TN 37602-3161

Help support the only local publication dedicated to families. Advertise your business in Family Pastime Magazine. Call Joy at 423.765.3215

Clean Hands = Good Health

Hand cleaning stations are outside and inside every patient's room. Please use them!



Handwashing is the simplest, most effective thing everyone can do to reduce the spread of germs.



MAKING HEALTH CARE SAFER

1.800.888.5551 • www.msha.com