

AUGUST 2008

FREE



THE magazine for the **WHOLE** family

Volume 4 Issue 1



3rd Anniversary Issue!

IN THIS ISSUE:

- 4. Children Re-write Proverbs**
- 8. Pack Healthy Lunches**
- 10. Dark Knight For Children?**
- 13. Rock-N-Roll Park**
- 15. Watermelon Facts**
- 20. Save \$ On Groceries**
- 21. School Bus Safety**

REGULAR FEATURES:

- 4. Family Finance**
- 5. Family Tech**
- 5. Crypto-time**
- 6. Home Cure**
- 7. Father Knows Jest**
- 8. Say What?**
- 9. Homeschooling**
- 10. SUPER SUDOKU**
- 11. Kid Care**
- 12. Family Pet Spot**
- 13. Double Take**
- 14. Easy Being Green**
- 15. Jr. Scientist**
- 16. Recipes**
- 17. Creature Feature**
- 18. Events Calendar**
- 19. Crossword Puzzle**
- 20. Yucky News**
- 22. Frantic Mom**
- 23. Garden Guru**



3101 Brown's Mill Road
 (Next to Outback Steakhouse)
 Johnson City, TN 37604
 (423) 283-9578

Not happy with your WEBSITE???? We can fix that!!!!

If you want to give your site an update or just make it more professional looking, we can do that. Maybe you are not getting the service you desire or deserve from your current web master, call us and find out what RenderForge can do for you.



Web Design

Interactive CD-ROM
 Business Cards
 Full service

423.676.4323

computer graphics

www.renderforge.com

SEE YOUR BABY NOW!

2D, 3D, and 4D live motion ultrasound of your baby **IN THE WOMB!** Get a DVD, CD-ROM, **AND** still pictures to view over and over.



PRENATAL IMAGING CENTER

Call 423.844.4670 or make your appointment with Stork Vision Bristol* or find out more at www.storkvision.com

*Owned and operated by Dr. Alan Gorrell, M.D., R.D.M.S., F.A.C.O.G.

MESSAGE

Date. **Today** Time. **NOW!**
 To. **Business Owners**
WHILE YOU WERE OUT
Customers were looking for you
 From. **Family Pastime Magazine**
 TELEPHONE. **423-676-4323**

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

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

Operator. *Chris Joker* URGENT

AUGUST WEEKLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • World Breastfeeding Week: 1-7 • Simplify Your Life Week: 1-7 • Clown Week: 3-9 • Fraud Awareness Week: 3-9 • Single Working Women's Week: 3-9 • Exhibitor Appreciation Week: 4-8 • Psychic Week: 4-8 • Sturgis Bike Rally: 4-10 • Smile Week 7-13 • Hobo Week: 7-10 • XXIX Olympiad: 8-24 • Elvis Week: 9-17 • Knights of Columbus Family Week: 9-17 | <ul style="list-style-type: none"> • Resurrect Romance Week: 10-16 • Weird Contest Week: 10-15 • Mae West Week: 17-31 • Friendship Week 17-23 • Aviation Week: 17-23 • Truck Driver Appreciation Week: 24-30 • Be Kind To Humankind Week: 25-31 • Democratic Convention: 25-28 • Minority Enterprise Development Week: 25-28 • Safe at Home Week: 25-29 • Be Kind to Humankind Week 25-31 • Waffle Week: 31-9/6 |
|--|---|

AUGUST MONTHLY OBSERVANCES

- | | |
|---|---|
| <ul style="list-style-type: none"> • Admit You're Happy Month • Family Fun Month • Catfish Month • Eye Exam Month • Golf Month • Peach Month • Romance Awareness Month • Picnic Month • Black Business Month • Cataract Awareness Month • Children's Eye Health & Safety Month | <ul style="list-style-type: none"> • Water Quality Month • Children's Vision & Learning Month • Get Ready for Kindergarten Month • Happiness Happens Month • Immunization Awareness Month • Inventor's Month • Win With Civility Month • Neurosurgery Outreach Month • Spinal Muscular Atrophy Awareness Month • What Will Be Your Legacy Month |
|---|---|

From The Editor

By: Chris Joker

It is really hard for me to believe that it has been three years since we first published **Family Pastime Magazine**. Since I have been putting the magazine together the months fly by. As soon as we get one distributed it seems like its time to put another one together. It has been and continues to be a labor of love. The reason we started the magazine in the first place still holds true today, our goal is to offer a fun, entertaining and educational publication that families may enjoy together. We try to offer something for everyone from the little ones all the way up to the seniors. I cannot tell you how great it feels when someone stops me and tells me how much they enjoy the magazine. Thank you.

This past year has seen some great changes and additions. We have increased circulation through expanding distribution, mailed subscriptions and free e-mail subscriptions. This past year we have gained some great new features and staff. We secured Georgia Teich as our "Creature Feature" columnist. Each month she gets so excited at finding out fun and interesting things about creatures, she is like a

kid herself. We also added Donna Gaskell Gordon who writes our "The Frantic Mom" column with parenting tips right out of her own experiences. Donna also heads our advertising department. This year we also added the "Kid Care" column which is fantastic health related information for families provided by the Mountain States Health Alliance Children's Hospital in Johnson City. I also want to thank Lisa Baughn who writes our "There's No Place Like Home School" column. Next month will mark Lisa's 2-year anniversary as part of the **Family Pastime** Family. She always contributes an excellent column and I always receive positive feedback on it. We are

also very grateful for our advertisers who continue to make this publication possible. Please be sure to shop with them and let them know you appreciate their support. If a store or business you frequent does not advertise with us yet pass on the positive word about **Family Pastime Magazine** to them. Over the next year we will continue to grow and expand. In honor of our three-year anniversary we have chosen to re-run some of the more popular articles and features from the past three years, we hope you enjoy what you read and If you have any suggestions we would love to hear them either mail them to us or e-mail me directly at editor@familypastime.com. Thank you so much for your continued support. **FPT**



Editor: Chris Joker
 Publisher: Family Media Group LLC
 Graphic Design and Magazine layout:
 RenderForge (www.renderforge.com)

Advertising Sales:
 Chris Joker 423.676.4323
 Donna Gaskell Gordon 423.737.5097

How to contact us:

Phone: 423.676.4323
 Fax: 866.824.0825
 E-mail: editor@familypastime.com
 To submit items for consideration please e-mail to editor@familypastime.com

Or mail them to:
Family Pastime Magazine

P.O. Box 3161
 Johnson City, TN 37602

Family Pastime Magazine is a monthly publication of Family Media Group LLC in the Tri-Cities, TN/VA., U.S.A. Distribution of this magazine does not constitute an endorsement of information, products or services. We reserve the right to reject any advertisement or listing, which is not in keeping with the publication's standards. Although every precaution has been taken to ensure the accuracy of published material, we cannot be held responsible for opinions expressed or facts applied by authors. Opinions expressed are not necessarily those of **Family Pastime Magazine**. In no event shall unsolicited material subject this publication to any claim for holding fees or other charges. **Family Pastime Magazine** reserves all rights. Reproduction in whole or in part without written permission is prohibited.

Basic Subscription Rate:

For a mere \$22, we will request that a uniformed government employee hand deliver the next 12 issues to a mailbox near you.

Send payment to:

Family Pastime Magazine
 P.O. Box 3161 Johnson City, TN

37602-3161 or order online.



Financial Tips for College Students

If you're a college student, you may already be back on campus. If not, you don't have long to go before school starts again. And this year, in addition to whatever courses you may be taking, try to master some financial lessons, as well.

Of course, many students already have at least one foot in the "real world," because, in addition to taking classes, they're working many hours a week to help pay for school, rent and living expenses. But even if you're a full-time student, living on campus and paying for school through a combination of grants, loans, savings and help from your parents, you can learn some financial basics that can help you throughout your adult life.

Specifically, consider these suggestions:

- **D**on't overuse credit cards. Credit card marketers aggressively target college students, so you'll need to be vigilant about all the offers that will

bombard you. While it might not be a bad idea to carry a single credit card for use in emergencies, it's very easy to over-use the "plastic" and rack up big debts. You'll need to discipline yourself to save for the things you want, rather than charging them.

- **S**hop around for financial services. You'll find plenty of banks willing to give you a T-shirt or a frying pan for opening an account with them. But these places may not be offering you the best deal on checking or savings accounts or loans. It pays to shop around.

- **K**eept track of your student loans. Make sure you understand all the terms of your student loans: how much you're expected to pay each month, when payments are due, what interest rate you're paying, what credits may be available for on-time repayment, etc. You might be able to achieve a more favorable repayment schedule by consolidating two or more loans. Once you start repaying your loans, do whatever you can to stay on track with your payments.

- **N**ever stop looking for financial aid. The aid package you may have received as an incoming freshman doesn't have to be the final word on financial assistance. Colleges offer some scholarships based on college-level academic achievement or real-world experience — both of which you may have accumulated since your freshman year. Study your college's scholarships and be aggressive in going after them.

- **E**stimate your future income. You may not know exactly what you want to do when you graduate, but if you have a career path in mind, try to learn what sort of salary you can expect during your first few years out of college. Once you have a realistic idea of how much you're going to earn, you may have the motivation you need to avoid bad financial practices, such as accumulating big debts.

College should be a learning experience — in many ways. And if some of the knowledge you obtain during your college years can help you develop sound financial habits, so much the better. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Out Of The Mouths Of Babes..

A first grade teacher collected old, well-known proverbs. She gave each student in her class the first half of a proverb, and had them come up with the rest. Here is the result:

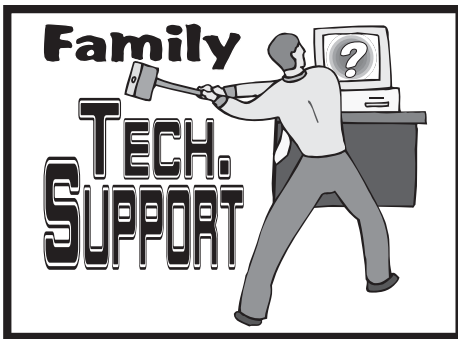
- As You Shall Make Your Bed So Shall You... Mess It Up.
- Better Be Safe Than... Punch A 5th Grader.
- Strike While The... Bug Is Close.
- It's Always Darkest Before... Daylight Savings Time.
- Never Under Estimate The Power Of... Termites.
- You Can Lead A Horse To Water But.. How?
- Don't Bite The Hand That... Looks Dirty.
- No News Is... Impossible.
- A Miss Is As Good As A... Mr.

- You Can't Teach An Old Dog New... Math.
- If You Lie Down With The Dogs, You'll... Stink In The Morning.
- Love All, Trust.. Me
- The Pen Is Mightier Than The... Pigs.
- An Idle Mind Is... The Best Way To Relax.
- Where There's Smoke, There's... Pollution.
- Happy The Bride Who... Gets All The Presents!
- A Penny Saved Is... Not Much.
- Two's Company, Three's... The Musketeers.
- Don't Put Off Tomorrow What... You Put On To Go To Bed.
- Laugh And The Whole World Laughs With You, Cry And... You Have To Blow Your Nose.

- None Are So Blind As... Helen Keller.
- Children Should Be Seen And Not... Spanked Or Grounded.
- If At First You Don't Succeed... Get New Batteries.
- You Get Out Of Something What You... See Pictured On The Box.
- When The Blind Leadeth The Blind... Get Out Of The Way.
- There Is No Fool Like... Aunt Eddie.

SUDO-KID-U 02 answers from last month

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



Keep The Bugs Out Of Your Computer! By: Chris Joker

If your computer is on the Internet, you need virus protection. It's really not a question of IF you will get infected so much as a question of WHEN you will be infected. A computer virus is a computer program that can copy itself and infect a computer without permission or knowledge of the user. If you leave your computer on all the time it will definitely happen sooner than later. To avoid being infected you should observe "safer" surfing and e-mail practices. Do not EVER open an attachment that has a .exe file in it unless you were expecting it and it comes from a trusted source (your brother Tom or your Uncle Doc... well maybe not Uncle Doc...you never can tell about him). DELETE IT IMMEDIATELY! You also should be careful opening images (usually a .jpg) or videos if you do not know the source. Knowing the source also is not always safe because some viruses will get into your brother Tom's e-mail program and send out malicious

e-mail from his address so it APPEARS to come from a trusted source but actually it does not. If you get something you were not expecting it's a good idea to check with the person that supposedly sent it before you open it to make sure they actually sent it. Be careful where you surf. If you visit shady websites you may bring home something you would rather not. Another option is to use something besides a Microsoft product. This will not keep out all viruses but because most of the world uses Internet Explorer and Outlook or Outlook Express, there are many virus designed to reach you through those programs. Try using the Firefox Web browser (free download) and their e-mail client (program) Thunderbird (also free). They are both excellent and will operate much like the Microsoft equivalent and they both also allow you to import your favorites and address books from Explorer and Outlook

In addition observing safer surfing practices anti-virus software is a must. There are several options ranging from free to about the \$60.00 range with many falling around \$40.00. Just because a program is free does not mean it is not any good. Two good options available for home computer use are AVG (<http://free.avg.com>). AVG got a "very good" rating from the editors of PC Magazine and a "fair" review from the readers. Another good free

alternative is AVAST (<http://www.avast.com/eng/download-avast-home.html>). AVAST got a "very good" review from both the editors and readers of PC Magazine. I use AVG on several of my home computers and have been very pleased with it. There are many commercial anti-virus software solutions out there. Out of the commercial anti-virus products I have used Panda, Microsoft's OneCare Live, McAfee and Norton. I liked Panda but it interfered with another program I was running and I never got satisfactory help from tech support. I had a similar issue with OneCare Live. I am now using Norton, which also offers a firewall and anti-spyware utility and seems to be working good enough. Whichever solution you choose the two most important things to remember are to always keep it updated and to run it often. Most of the programs (including the freebies) offer real time protection, which will scan both incoming and outgoing e-mail. I ended up turning off the outgoing scanner on mine because it was causing problems with attachments. Some will also allow you to schedule automatic virus scans which will help you to keep on top of a potential problem. The first time you run a scan it may take a long time depending on the size of your hard drive but be sure to let it complete the scan or it will not do you any good. Next month we will look at eliminating spyware and malware. **FPT**

Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

Pupil: I don't think I deserved zero on this test!
 Teacher: I agree, but that's the lowest mark I could give you!
 What did Noah do for a job?
 He was an arkitechť!

SUDO-KID-U 1
Instructions:

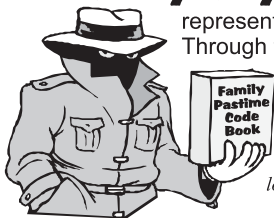
Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle.

			2
4			
	3		
		3	

Last month's HARD answer

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

Family Crypto-Time



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

**“ LGĒ IZM ĠWĊL LGĒWK ĠWQM, JĒA LGĒ
 QIW JM VDDĪAEZM ŐĠZ Ī ĊVŐMAVDM. ”**

look on page 18 for a clue. Look for the answer next month.

~ John Grier



Home Cure

Home Remedy for Cooling Sunburn

The best idea is not to get sunburned but if you do try these:

- **Reach** for a pain reliever. The old standby aspirin can help relieve the pain, itching, and swelling of a mild to moderate burn.

- **Apply** soothing compresses. Following a burn, the skin is inflamed. Try cooling it down with compresses dipped in any one of the following substances. If desired, you can direct a fan on the sunburned area to heighten cooling.

- **Cold water.** Use either plain water from the faucet or add a few ice cubes. Dip a cloth into the water and lay it over the burn. Repeat every few minutes as the cloth warms. Apply several times a day for a total of 10 to 15 minutes each.

- **Consult** a doctor if you experience nausea, chills, fever, faintness, extensive blistering, general weakness, patches of purple discoloration, or intense itching.

- **Skim milk.** Milk protein is very soothing. Mix 1 cup skim milk with 4 cups water, then add a few ice cubes. Apply compresses for 15 to 20 minutes; repeat every 2 to 4 hours.

- **Aluminum acetate.** If itching is intense try mixing Buro-Sol antiseptic powder or Domeboro's powder (both available in pharmacies) with water. The aluminum acetate in either will keep the skin from getting too dry or itchy. Follow package directions.

- **Oatmeal water,** to soothe the skin. Wrap dry oatmeal in cheesecloth or gauze. Run cool water through it. Discard the oatmeal and soak compresses in the liquid. Apply every 2 to 4 hours.

- **Witch hazel.** Moisten a cloth with witch hazel, apply often for temporary relief. For smaller areas, dip cotton balls into the liquid and gently stroke on.

- **Soak** the pain away in a cool bath.

liquid as needed to keep the water at the proper temperature. afterward, gently pat your skin dry with a clean towel. Do not rub your skin or you'll irritate it further.

- **The following substances** can reduce pain, itching, and inflammation.

- **Vinegar.** Mix 1 cup of white vinegar into a tub of cool water.

- **Aveeno powder.** If the sunburn involves a large area, use the pre-measured packets or add 1/2 cup of Aveeno Bath Treatment, which is made from oatmeal, to a tub of cool water and soak for 15 to 20 minutes.

- **Baking soda.** Generously sprinkle baking soda into tepid bath water and instead of toweling off, let the solution dry on your skin.

- **Go easy on soap.** Soap can dry and irritate burned skin. If you must use soap, use only a mild brand and rinse it off very well. Do not soak in soapy water. Likewise, stay away from bubble baths.

- **Moisturize your skin.** Soaks and compresses feel good and give temporary relief but they can make your skin feel drier than before if you don't apply moisturizer immediately afterward. Pat yourself dry, then smooth on some bath oil.

- **Let it soak in** for a minute, then apply a moisturizing cream or lotion, such as Eucerin. Some people like a topical cream called Wibi, which contains a little bit of cooling menthol.

- **Chill out.** For added relief, try chilling your moisturizer before applying it.

- **Seek hydrocortisone relief.** Soothe skin irritation and inflammation with a topical lotion, spray, or ointment containing 0.05 percent hydrocortisone, such as Cortaid or Cortizone-5.

- **Aloe vera.** Break off a leaf and apply

Add more

the juice. But test a small area first, to make sure you're not allergic to aloe.

- **Guard** against infection. If you have an infection or are worried that one will develop, use an over-the-counter antibacterial ointment such as Polysporin or bacitracin Sterile.

- **Drink up.** It's a good idea to drink lots of water to help counteract the drying effect of a burn.

- **Eat right.** Eat lightly but wisely a balanced diet will help provide the nutrients your skin needs to regenerate itself.

- **Raise your legs.** If your legs are burned and your feet are swollen, elevate your legs above heart level.

- **Get** a good night's rest. Sleeping on a sunburn can be murder, but you need a lot of rest for your body to recover from the burn. So try sprinkling talcum powder on your sheets to minimize chafing and friction.

Don't make the same mistake twice!

After you've gotten burned, it takes three to six months for your skin to return to normal. Apply sunscreen 30 minutes before going out, even if it's overcast. (Harmful rays can penetrate cloud cover.) Don't forget to protect your lips, hands, ears, and the back of your neck. Reapply as necessary after swimming or perspiring heavily.

Take extra care between the hours of 10:00 a.m. and 3:00 p.m. (11:00 a.m. and 4:00 p.m., daylight saving time), when the sun is at its hottest.

If you insist upon getting a tan, do so very gradually. Start with 15 minutes' exposure and increase it only a few minutes at a time.

Wear protective clothing when not swimming or sunbathing. Hats, tightly woven fabrics, and long sleeves help keep the sun off your skin.

FPT

"Home Cures" are meant as suggestions on ways to deal with common health issues. We make no guarantee that they work or that they are without side effects. Please consult your physician before attempting any of these suggestions. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161



I hate yard sales. Well, I don't so much hate SHOPPING at yard sales as I do HAVING a

this yard sale was working out great... for Kristi. Somehow HER selling HER son's tricycle to SOMEBODY ELSE, had cost me \$14. HMMMMM, maybe I COULD find shoes to go with that pink chiffon. I finally



yard sale. So why then did I agree to "manning the store" at the recent tree streets yard sale. I don't even live on the tree streets. My friend, Kristi, does. She (allegedly) had to host a bridal shower the day of the sale AND she had a bunch of "good stuff" to sell at the yard sale. I find it interesting that since she is the maid of honor, she chose the date for the shower, convenient, don't you think? I offered to take her place at the shower but since tradition dictates that the maid of honor host the shower and I really don't have any shoes to go with the pink chiffon gown, instead I ended up in the hot sun selling one-legged Barbies and "almost complete" jigsaw puzzles. I made it perfectly clear that if I was going to sit there and haggle over the price of her "one-bladed" ceiling fan or one-person walkie-talkie I WAS going to sell the stuff. If anyone made a decent offer (and by decent I meant, "if they made ANY offer") it was THERE'S!!! I arrived early Saturday morning with a pick-up truck full of my "good stuff" to sell. Hey, if I was working this gig I was going to at least unload some of my jun... uh "good stuff". Kristi was putting out the last of the "one-of-a-kind, collector Teletubbies Jelly-jar glasses when someone enquired about her son's tricycle, I explained that it had low mileage and had only been driven on Sundays by a little toddler from Johnson City, I guess I am a master salesman because they bought it. 6 bucks. They only had a \$20. Kristi didn't have change. I did. They gave her the \$20; she gave them my \$14. Wow,

unloaded the last of my stuff (a real quality battery powered battery charger) and got to organizing, I had separate tables for the clothes, toys, office items, kitchen gadgets, tools and miscellaneous. I discovered that selling tables at yard sales is not easy because you actually use the tables to put the other quality merchandise on. Clothes were \$1.00. We could only find one snow boot so I marked it at 50 cents, seemed logical. People at yard sales are crazy. I had a bunch of plastic drinking glasses, 50 cents each. Some guy wanted to know how much for the set? I asked him how many there were? 15. I said \$6.00 for the set. A good bargain, I thought. "I'll give you \$5.00", he said. What???? "No I will take \$6.00". Apparently my insistence on \$6.00 was an affront to his masculinity. I could smell the testosterone. He walked. Soon after a woman bought half the glasses for 50 cents each. I had old cell phones for \$3; some guy kept insisting I should throw in the charger, the NON-existent charger. The day dragged on. And when I say dragged, I mean dragged, like football

time. I was wheeling and dealing like Ron Popeil on steroids. I sold videotapes for \$1 each or 6 for \$6. Buy one sock, we throw in the second free. My son was insistent on selling his old bike so we made a sign, "Bike \$15, comes with free fax machine". Then we made a sign that read, "Fax machine \$15, comes with free bike." There was a Honda parked out in front of Kristi's house with a for sale sign in it. Some guy asked if I would take \$500.00 I said yes, but it didn't come with keys or a title. Soon I sold all of Kristi's stuff, I was sale crazy though so I started taking stuff out of her house and selling it. I got 25 cents for a half a box of sugar-frosted flakes and 15 cents for her "slightly" used toothbrush. Testosterone guy showed back up and asked me if I was ready to take \$5.00 for the plastic drinking glasses, I said sure. He didn't count them and I didn't bother to tell him I had already sold half of them. I had just removed Kristi's front door and was putting a price tag on it when she showed up. In retrospect, I guess I did get a little out of hand but, on the bright side, I'm thinking she won't ask me to "man the store" next year, oh and I found a lovely pair of pink chiffon shoes in my size at one of the neighbor's houses **FPT**

This year's Tree Streets' yard sale will be Saturday August 16th.

Last month's Medium answer

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



Say WHAT???

By: Family Pastime Staff

MEANING:

To perceive or detect an obscure or unexpressed meaning, a meaning which isn't made obvious or explicit.

Read Between The Lines

Origin

This expression derives from a simple form of cryptography, in which a hidden meaning was conveyed by hiding it between lines of text. It and soon became used to refer to the deciphering of any coded or unclear form of communication, whether written or not. Research indicates that the phrase originated in the mid 19th century when military letters and writing, were often written in a coded form.

For those that intercepted them and did not know the code then it looked like total nonsense, and therefore lots of people started

to think that there must be meaning hidden in the other lines, the bits between the lines, in invisible ink.

Apparently the first example of this phrase in print is from The New York Times, August 1862:

Earl Russell's dispatch does not recite the terms of the note to which it is a reply, the letter assumes a somewhat enigmatical character, and the only resource we have is, as best we may, to "read between the lines" of this puzzling, but important, communication of the British Foreign Secretary. **FPT**

Tips For Packing Healthier School Lunches

(NAPS)—Lunches that make the nutritional grade can help your kids get better grades. And what better way to boost that brainpower than to fuel those bodies with healthy fruits and veggies. Here are a few tips to make your kids the envy of the lunchroom.

- **C**overt yogurt: In your children's lunch, pack a plastic container of plain yogurt and fruit chunks. Encourage them to play detective and identify which fruits you included. If they come home and identify the fruit you added, give them a small prize.

- **T**hermos fusions: Help your child experiment weekly with new 100 percent fruit and vegetable beverages in a



thermos for school.

- **C**olor your crunch for lunch: Have your child choose from a rainbow of colors to brighten up his or her lunch. Carrots or celery with light ranch dressing or apples with peanut butter are a fun way to crunch.

- **G**et sporty: Proportion energy snacks for your kids as they head to sporting events, such as their favorite dried fruits and nuts.

- **L**et them play with their food: For a little lunch bag fun, slice apples into boats (cutting apples into eighths),

or try red pepper butterflies (slicing red peppers across diameter) or cucumber hearts (sliced with a paring knife).

- **S**low-cooker creations: Add carrots, potatoes, onions, celery and all your favorite veggies together in the Crock-Pot for a hearty stew that cooks while you help with homework.

A Call To Action

The national public health initiative encourages Americans to eat more fruits and vegetables— fresh, frozen, canned, dried and 100 percent juice for their better health. The initiative is a national

call to action that is attainable and easy for people to understand—it is simply to eat more fruits and vegetables. Moms can find these and more Get Smart! Tips, as well as recipes, nutrition information and more, on the Fruits & Veggies—More Matters Web site www.fruitsandveggiesmorematters.org.

Kids need smarts, too. Boost that brainpower by fueling those young bodies with healthy fruits and veggies. **FPT**

Summer vacation was over and Little Johnny returned back to school.

Only two days later his teacher phoned his mother to tell her that he was misbehaving. "Wait a minute," she said. "I had Johnny with me for three months and I never called you once when he misbehaved!"

Easy Answer From last month

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

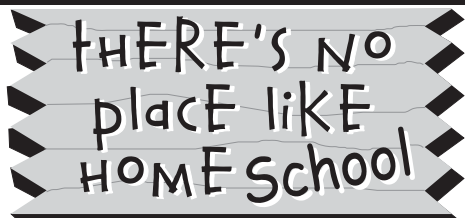


We jump through hoops so you don't have to.

Bank of Tennessee
Don't Worry, Bank Happy.

Call (866) 378.9500
for more information

Member FDIC



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.

- 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!

Successful Homeschool Top Ten Ways to Finish Well

- 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 new 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

Physics Teacher: "Isaac Newton was sitting under a tree when an apple fell on his head and he discovered gravity. Isn't that wonderful?"
Student: "Yes sir, if he had been sitting in class looking at books like us, he wouldn't have discovered anything."

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling e-mail them to homeschooling@familypastime.com. Lisa is launching a new website soon (www.ThePrudentWife.com) with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

KIDS LOVE USBORNE BOOKS!

Fun, educational Usborne Children's books will stimulate the joy of reading in your child.

Earn FREE books by having a Home Show, E-Show or Book Fair.
Browse our online catalog.
Register to win a \$50.00 drawing.

www.BestLovedKidsBooks.com
888-630-READ (7323)

Earl Garretson Independent Educational Consultant

Professor Fears Children Will Be Haunted By Violent Batman Film

By: Amy Patterson Neubert,

Batman may be a comic book friend for children, but parents should be aware that the vigilante hero is not so friendly in the new movie "Dark Knight," says a Purdue University expert who studies the effects of scary movies.

"The danger with a film like this is its history in the Batman comic book series and cartoons," says Glenn Sparks, professor of communication. "People think of this hero as fun and entertaining, so parents may even take very young children to see what they believe is a family film. Instead, they may be jarred by the film's explicit level of violence."

"Dark Knight," which is rated PG-13, opened July 18 and broke box office records during its opening weekend.

"We know from prior research that violence of this sort can be really upsetting for children ages 6-10 because they realize that bad things can happen to people," Sparks says. "At the same time, children at this age don't have experience coping with explicit images of violence or understanding the likelihood that something will happen."

Children younger than 6 may be bothered by the

movie's villain, the Joker, Sparks says. Clowns are known for scaring children of all ages, and younger children tend to be more sensitive to how something looks because they don't understand what it means, especially if it looks different from the way things look in ordinary life.

"Older children, and even some adults, will find this violence upsetting," Sparks says. "Usually, the emotional effects dissipate fairly soon, but some may linger. Children may not be able to sleep or may experience nightmares."

Also, images of violence can trigger aggression, especially in certain children who are particularly vulnerable to the effects of this type of entertainment, Sparks says.

Sparks recommends that parents research films in advance by viewing descriptions of their violent content at <http://www.kids-in-mind.com/>. The Web site also ranks sex, nudity and profanity.

"This site is great because it simply provides information to parents so they can make their own judgments if the material is appropriate for their children," Sparks says. "It does not editorialize or make

suggestions.

"Ultimately, filmmakers are trying to appeal to multiple markets and ages. Violence in films like these has been a trend. For example, the Harry Potter movies have been getting darker and more explicit, as well as Indiana Jones. Hollywood is really pushing the envelope because our culture is saturated with violent images. Hollywood probably senses the need to up the ante if they want to keep people's attention." **FPT**

The child comes home from his first day at school. Mother asks, "What did you learn today?"

The kid replies, "Not enough. I have to go back tomorrow."

SUDO-KID-U 01 answers from last month

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

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.

SUDOKU EASY

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.

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

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



Childhood Immunizations: Are Childhood Diseases a Thing of the Past?

By: Joanna Swinehart,

School is just around the corner, or for many of our children, it has already started. Back-to-school is a time when parents think about school supplies, new school clothes and enrolling their children in after-school activities. Since most schools and daycare centers require verification of immunizations, this is also a good time to think about vaccinations and find out if your family is up-to-date on immunizations.

Our bodies create natural immunities to diseases after we have been exposed to the germ that causes the disease. Most parents have watched their toddlers wobble around with a dripping nose for what seems to be months, as they battle one cold after another. While this is a healthy, natural way for our kids to build their immune systems, many contagious diseases can be too strong for young children, and may result in hospitalization, or worse yet, death.

Immunizations are a way to create immunity to diseases before being exposed to the germs that cause them. This is especially vital for keeping children from contracting an illness before their bodies are capable of fighting it. Unfortunately, not all children are reaping the reward of the advancements in disease prevention, and vaccinations do not work if most of us are not vaccinated. According to the Centers for Disease Control and Prevention (CDC), tens of thousands of people in the U.S. still die from vaccine-preventable diseases. Many of these are children.

Immunization is a shared responsibility to protect

children worldwide. Today we rarely, if ever, hear of a child in the U.S. contracting smallpox, measles or polio, much less dying from the devastation these contagious diseases have on immature immune systems.



Because of wide-scale immunization, these illnesses are now uncommon, but according to the CDC, an estimated 2.7 million people worldwide would die each year if immunizations for measles were stopped. Our generation may take for granted the potential damage these illnesses can cause to our community: physically, emotionally and economically.

In spite of, or very possibly because of the success of preventing childhood diseases by vaccinations, there is a growing trend of parents opting out of routine vaccinations for their children. Some parents may view these deadly childhood diseases as a thing of the past, or think their children are at a very low risk for infection if everyone else is vaccinated. Some parents fear that vaccinations may do more harm than good or do not want to expose their child to the potential side effects they have heard vaccines can cause.

Fear is the common thread in trends in the history of immunizations. Before vaccinations were routine and illnesses such as polio were widespread, every parent knew of a child who had become seriously ill or died from the disease. These parents were more than willing to expose their children to vaccines with the hope of saving them from

potentially disabling or deadly illnesses. Now that the immediate fear of serious illness from many infectious diseases is no longer prevalent, some parents have started to fear the risks associated with vaccines, instead of the diseases prevented by the vaccines.

As with any medical procedure, there is a risk of adverse reactions following immunizations; but overall, medical research indicates that the benefits of immunizations far outweigh the risks. Immunizations are safe and have been thoroughly tested before being approved for public use. They are continually monitored by medical researchers and public health officials. If you are considering the pros and cons of vaccination for your child, allow yourself to make a balanced, well-informed decision. Be sure to research reliable sources that provide evidence to back up their opinions on the subject.

Access to medical care may be an issue for some children who have not received vaccinations. Some insurance plans do not cover the cost of immunizations. Don't let insurance coverage problems keep your child from receiving much-needed immunizations. TennCare covers the cost of most routine vaccinations for children. If your child is not covered by TennCare, most routine vaccinations are available free of charge at your local health department. Contact your pediatrician or local health department to schedule an appointment to see if your child is up-to-date on his or her immunization schedule.

While the argument for childhood immunizations is strong, medical professionals recognize that each child and family situation is unique. Immunizations may not always be in a child's best interest due to risk factors associated with certain medical conditions. While you may not have gone to medical school, you know your child best. Parents are encouraged to discuss any concerns regarding the risks of immunization with their child's healthcare practitioner. Your child's physician or practitioner will help you make an informed decision that is best for your child and your family.

Joanna Swinehart, Communications and Outreach Coordinator for The Children's Hospital at JCMC.





Ten Dog Mysteries Solved

Sometimes a dog's behavior and actions can leave us completely baffled. This is especially true for new dog owners. So, here is a little guide to help you figure out why your dog might be doing the weird things that he does.

1. Why does my dog keep eating the cat's poop out of the litter box?

While this particular dog behavior seems to be among the most bizarre, there really is a simple explanation for it. Your cat's diet consists mostly of protein, so his stool has high protein content as well. Many dogs simply crave the protein located there. Try using a litter box with a cover or one that automatically scoops litter after each use.

2. Why does my dog try to eat panty hose and socks?

Most likely, your dog starts chewing these items from boredom, frustration or anxiety. Then, once the chewing starts, his natural instinct is to continue the process by swallowing the object. In other words, it might just be a mistake. Once you know which clothing items of yours are your dog's favorites, keep those and similar items tucked away in a drawer.

3. Why does my dog love to chew up my shoes?

Your dog chews your shoes up for one of two reasons: your dog is a puppy who is teething or he just loves the attention that such an act brings. If you have a teething puppy on your hands, provide him with some appropriate alternatives in the form of store-bought chew toys. If your dog is an adult, try not to react by chasing him around or making a big scene. This is exactly what your dog wants (your attention) and doing so will simply reinforce the behavior. Keep your shoes in a safe place and give your dog more of the good attention that he obviously craves.

4. Why does my dog like to dig holes in my yard?

Digging is an instinctual act for dogs, especially among certain breeds. The dog could also be trying to bury something or could simply be trying to reach the cooler soil beneath. If you determine that your dog is simply digging for no apparent reason, you can train him to dig in a designated spot in your yard instead of all over. Do this by spraying protected areas with a non-toxic dog repellent.

5. Why does my dog jump up on anyone who walks through the

front door?

Your dog is simply attempting to affectionately greet you and your visitors. Puppies do it all the time, but they are hardly ever corrected because the animal is so small and the behavior, especially for a tiny puppy, can be pretty cute and endearing. Once the animal grows up, however, the behavior can be uncomfortable and threatening to both children and adults. The best thing to do is to train your dog not to jump up on people from the time he is a puppy.

6. Why does my dog like to ride with his head sticking out of the car window?



windows rolled up and the air conditioner on.

Your dog likes to stick his head out of the car window for the fresh air and the inundation of new smells and sights.

While this behavior seems harmless enough, the potential for road debris to cost your dog an eye or head injury is fairly great. For your dog's safety, keep the

7. Why is my dog afraid of thunder?

Many dogs that are normally brave and outgoing creatures will cower and whimper at the first crack of thunder. The most likely reason for this behavior is the dog's feeling that he cannot escape the looming danger that thunder (or any loud noise) represents. Their first instinct is to run from the danger (which would explain why so many dogs run away in reaction to July 4th fireworks); however, if they are confined, distress at their inability to escape can take the form of pacing, whimpering, howling and crying.

8. Why does my dog like to roll in the

the smelly dirt?

Your dog likes to roll in the dirt, especially after a bath, in order to mask his scent. This is an instinctual behavior that no amount of training is likely to change.

9. Why does my dog chase his tail?

A little tail chasing every once in a while is a perfectly normal dog behavior. If the tail chasing becomes excessive, however, it could be that your dog is craving your attention. If you laugh out loud, clap, or show other positive reactions whenever your dog chases his tail, then you may be encouraging him to repeat the action over and over again. Give your dog attention in other ways and make sure that if he does start chasing his tail, he is in no danger of injuring himself.

10. Why does my dog eat grass?

Eating grass is normal for a dog. Some dogs just develop a taste for it no matter what the effect is on their digestive system (i.e. vomiting, diarrhea). If you can't dissuade your dog from eating grass by offering him treats, make sure that the grass and plant matter to which he has access are not toxic to animals. **FPT**

Article courtesy of I-Love-Cats.com

Teacher asked George: How can you prove the earth is round?

George replied: I can't. Besides, I never said it was.



Senior Citizens Services
"ALL your needs Taken Care Of"

- Power of Attorney
- In Home Care
- Estate Admin.
- Errands
- All Appt.s
- More

LICENSED and BONDED P.S.S.A.

423-323-7208

Rocky Top Builders & Excavating

35 years experience

Licensed & Insured Free Estimates

- Home Improvement
- Home Repair
- Ad-Ons
- Sunrooms
- Dump Truck Services
- Excavating
- Concrete
- Sidewalk/Driveway
- Landscaping

Kevin Brobeck (423) 470-1617
 rockytopexcavating@yahoo.com

Guaranteed Prompt & Professional Service



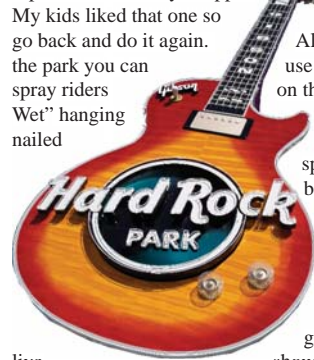
ONE TANK TRIPS

After 6 years and \$400 million a new Rock-n-Roll theme park opened this May in Myrtle Beach, SC. It's called Hard Rock Park. We decided, strictly for research purposes, to check it out. We had a great time. We took with us children 4, 9 and 13 and there was something for everyone. From kiddy rides to the awesome Led Zeppelin roller coaster which blares "Whole Lotta Love"



through on board speakers for six and a half minutes as you twist and turn at speeds up to 65 miles an hour. The only drawback to the Led Zeppelin is that every time you ride it you must stand in a darkened room and view a video with interviews with the band and concert footage...

the SAME interviews and footage, EVERY time. The last time I rode there was a boy standing next to us mouthing along with the audio during the entire video. The staff is also very friendly and helpful. My son was sliding down a pole in "Kids Rock! State Park" when he fell, he was fine but as I was attending to him I heard someone ask about him. I looked up and it was a park employee. Then someone else asked if I wanted her to call for assistance, it was another employee. Also in "Kids Rock! State Park" there is a place for kids to walk across a swinging bridge and tight rope all while safely strapped in a harness. My kids liked that one so much we had to go back and do it again.



the park you can spray riders with water cannons on the "Slippery When Wet" hanging nailed in a harness. Also in this portion of use water cannons to on the "Slippery When Wet" hanging nailed me good. We also spent some time battling each other with foam balls shot through air cannons in the "Garage Jam". In addition to some great rides there are shows, lots of restaurants



daughter—get over it!).

Although there was fun for everyone there were a few things that concerned me. For one there is a ride called "Nights In White Satin—The Trip" It's kind of like a 3D psychedelic "It's a Small World" type ride. While the 3D effect is interesting I do not think the premise is

kid friendly. Also on the outside of the "I want Candy" candy store there is a picture of a woman with two big lollipops across her chest instead of a shirt. Again, not kid friendly and really not necessary. You should also be aware that the park serves beer. Over all, I think the park was fun for the family and we want to return the next time we are at Myrtle Beach, but if you bring children be aware there may be some things that will make you cringe. Oh and one more thing, gas is cheaper in South Carolina. **FPT**

Hello Day Why?

On August 15 1877, Thomas Edison wrote a letter to the president of the Telegraph Company in Pittsburgh, Pennsylvania, suggesting that when people answer the phone, they use the word "Hello" instead of the word "Ahoy" suggested by Alexander Graham Bell. Try answering your phone "Ahoy" today and see what happens.

DOUBLE TAKE

Find at least 21 differences in the two pictures (answers are on the bottom...no peeking!!!)



Back 2 school sign, School roof, Tree shorter, Door knob, Window bigger, Stop sign on bus, Bus stop, Dog tale, Dog tale, Lunch box, Glasses, School steps, Crossing guard hat, Bus stop lights, Dog tongue, Smile, Headlights, Door height, Railing, Bumper, Nose



Buying In Bulk Is Good - Sometimes

Much of what we buy in bulk is a result of clever marketing rather than clever purchasing on our behalf. Here's an example:

I go into the supermarket and see oranges for \$4.00 for 2lbs - but wait; there's a special and I can get 4lbs for \$7.00! A quick mental calculation and I tell myself I'd be nuts to pass up that offer. I walk out of the store; well pleased with my purchase and thinking that I'm a gun shopper. I sure took advantage of the supermarket didn't I...suckers :).

The oranges are brought home, but the

problem is I don't really eat a lot of oranges and 2lbs of them go bad. The store made extra money from me and good food has gone to waste (unless of course you compost them or use the orange peel in other ways). A ton of resources went into growing and harvesting the oranges, then there's the issue of energy and fossil fuel wasted in food miles.

We recently moved house and when the pantry was emptied last minute a stack of food that had gone out of date was discarded. It was shameful - we couldn't believe how much of it there was. Much of the waste was due to the lure of specials on particular products.

All that food, glass, plastic and embedded energy in producing and shipping it all pretty much wasted aside from some composting and recycling. Aside from food, there were also a stack of chemical products that we'd been carting from house to house over the years that was no longer usable - our own toxic waste dump.

Given that we're not alone in these sorts of habits, the collective negative impact on the environment must be incredible.

This doesn't mean to say that buying in bulk is bad, we just need to be particularly careful of what we do purchase - and it's pretty easy to do.

Make a list of everything you buy regularly and from that list divide it into perishable and non-perishable or long-life goods, then make a commitment not to ever purchase the perishables in bulk regardless of how good a special might be unless you're 100% certain they will be used.

Some items on your non-perishable list may be:

- * Toilet paper
- * Canned goods your family eats regularly
- * Cleaning items
- * Grains with a long shelf life
- * Coffee

With some of the items such as grains, check the "best before" date first and

then calculate how much you'll be able to use by that date before loading up your trolley. For example, I buy fair trade coffee in bulk. It's more expensive than the coffee I usually drink, so I buy in bulk to help offset the additional cost - but coffee certainly has a finite shelf life, so I check the use-by date first and figure out what I'll need.

The other danger of buying in bulk is that we use more than we usually would of a product - we become wasteful or greedy. A good example of that in our household would be chocolate :). I love the stuff. The more we have, the more we eat and it's not exactly a staple food product. When a particular brand of chocolate is on special, I'm tempted to go nuts and load up the trolley with it, but I just resist the urge and we try to make it last as long as when it's not on special.

A positive aspect of buying in bulk to take advantage of special prices - when it's done responsibly - is that it can save you trips to the supermarket; so that means less fuel.

Our purchasing behavior is such an important part of going green, and by adhering to a few simple guidelines when buying in bulk, trying to lead a more environmentally friendly life can really save you money while lessening your impact on the planet that sustains us. **FPT**

Courtesy of: www.greenlivingtips.com

Family Pastime Magazine
 THE magazine for the WHOLE family
 Donna Gaskell Gordon
 Advertising Consultant
 Vx: 423.737.5097 • Fx 866.824.0825
 frantimom@familypastime.com
www.familypastime.com
 2 Haven Lane • Johnson City, TN • 37604-9059

www.giftswithaheart.org

Gifts with a Heart
 Gifts For All Occasions
 (423)257-3780 or 477-3158

BLUE MOUNTAIN I.T. SOLUTIONS
 Proudly Supporting Tri Cities' Small Businesses
 - Network Problem Solving
 - PC Support & Repairs
 - Custom - Built Computers
Friendly - Experienced Technicians
www.bmits.com
support@bmits.com



2 weeks before school started, Cherokee Elementary School Teachers sought out students to play with. This is 5 teachers and 2 students on one trampoline!

ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**

By: Family Pastime Staff



Egg in a Bottle and Knots in Bones

carbonate". This is what makes them hard.

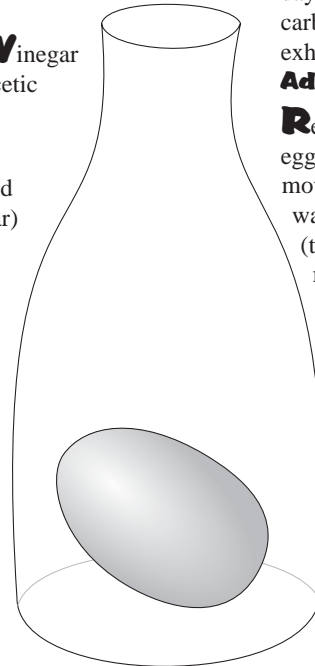
Vinegar

is an acid known as acetic acid.

When calcium carbonate (the egg) and acetic acid (the vinegar) combine, a chemical reaction takes place and carbon dioxide (a gas) is released. You will notice the gas escaping as bubbles in the cup with the egg and vinegar in it.

The chemical reaction keeps happening until all of the carbon in the egg is used up -- it takes about a day.

When you take the egg out of the vinegar it's soft because all of the carbon floated out of the egg in those little bubbles.



How come it becomes hard again?

When you let the egg sit in the jar for another day the calcium left in the eggshell "steals" the carbon back from the carbon dioxide that we exhale when we breathe.

Additional Egg experiment:

Repet the above experiment using a raw egg. After a day when the egg is soft gently move the egg into a clear container filled with water. The egg will absorb water via osmosis (the movement of water molecules from an area of high concentration to an area of low concentration) until the shell finally bursts.

Knotty Bone

SUPPLIES:

Clean chicken bones

1 Cup Vinegar

HOW TO:

Calcium is also what makes bones hard so if you put the chicken bones in the cup of vinegar for a day. When you take them out you will notice they are soft (just like the egg). You can now tie them in a knot then let them sit for a day to absorb carbon from the air. Now show your friends and family how you tied knots in bones. **FPT**

Egg in a bottle

This experiment will allow you to put an egg (in it's shell) inside a bottle.

SUPPLIES:

1 Hard-boiled Egg

1 Cup Vinegar

1 Bottle with an opening slightly smaller than the egg.

HOW TO:

Have an adult help you hard boil an egg.

Put the egg into the cup of vinegar for one day

Remove the egg.

You will notice the egg is "rubbery" You can now carefully squeeze the egg into the bottle.

Let the egg sit in the jar (with the lid off) for another day and the shell will become hard again.

Show the egg in the bottle to friends and family and they will be amazed.

HOW COME????

Eggs contain something called "calcium

Watermelon Fun Facts:

- Historians say the watermelon originated in Africa's Kalahari Desert
- Watermelons are 92 % water.
- The debate goes on as to whether or not they are fruit or vegetable. In Oklahoma it is the "State Vegetable."
- Watermelon is high in Vitamins A, B6 and C, is a great source of potassium. A 2 cup serving contains

80 calories with zero calories from fat.

- Watermelon is also the leader in lycopene among all fresh fruits and vegetables.

TYPES OF WATERMELONS

- ALL SWEET - oblong averages 21 to 26 pounds
- ROYAL SWEET - oblong averages 21 to 28 pounds

- JUBILEE/JUBILATION- elongated averages 22 to 30 pounds
- CRIMSON SWEET - small averages 18 to 25 pounds
- ICE BOX - round averages 12 pounds
- SEEDLESS - round or oblong averages 10 to 17 pounds **FPT**

Lunch Box Ideas

Bologna Boat Recipe

SUPPLIES:

- Mustard
- 1 slice bologna (or turkey bologna)
- 1 slice American cheese
- 1 hot dog bun

HOW TO:

1. Spread the mustard onto the slice of bologna.
2. Top with a slice of cheese and roll them together.
3. Place the roll in the hot dog bun and wrap it in aluminum foil.

Switch on Peanut butter Sandwich

SUPPLIES:

- 1/2 cup peanut butter
- 1/4 cup shredded baby carrots
- 2 TBS. Sunflower nuts
- 3 TBS. Currants
- 2 TBS. Honey
- 8 slices whole wheat bread

HOW TO:

1. In small bowl combine peanut butter, carrot, nuts, currants and honey and blend well.
2. Use to make 4 sandwiches with bread.

Tortilla Roll Ups

SUPPLIES:

- Tortillas
- Meat slices
- Cheese slices
- Lettuce

HOW TO:

Filling combinations:

1. Spread tortilla with spicy mustard, ham slice, swiss cheese, lettuce.
2. Spread tortilla with cream cheese and jam.
3. Spread mayo on tortilla, add 4 slices of bacon, lettuce and cubed tomato.

FOLDING:

1. Put the desired filling combination on the tortilla
2. Fold end closest to you 1/4 of the way up
3. Roll from the side.

Kid Friendly Recipes



Waffle Apple-Wich

SUPPLIES:

- 2 frozen waffles, toasted, cooled
- Slice American Cheese
- 6 slices Shaved, Smoked Ham
- 1/2 small apple, sliced
- 2 tsp maple-flavored or pancake syrup

HOW TO:

1. Top 1 waffle with Singles, ham and apple slices.
2. Cover with second waffle.
3. Wrap sandwich in plastic wrap or foil.
4. Pour syrup into sealable plastic container.
5. Refrigerate until ready to serve.

Snickerdoodle Cake

SUPPLIES:

- 2-1/2 C all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 C sugar
- 1/2 C shortening
- 2 eggs
- 1 C milk
- 3 TBS sugar
- 1 tsp ground cinnamon

HOW TO:

1. Preheat oven to 350.
2. Grease and flour a 9x13-inch pan.
3. In a medium bowl, sift together flour, baking powder and salt. Set aside.
4. In a large bowl, cream 2 C sugar and shortening until fluffy.
5. Add eggs one at a time, mixing well with each addition. Alternately add milk and flour mixture in three stages, mixing well with each addition.
6. In a small bowl, mix 3 TBS sugar with cinnamon. Sprinkle this mixture evenly over cake.
7. Pour into prepared pan and bake in preheated oven for 35 to 40 minutes or until done.

Teacher: Jesse, make a sentence starting with the letter 'I'.
 Jesse: I is...
 Teacher: No, no, no, don't say "I is", you say "I am".
 Jesse: OK, I am the ninth letter of the alphabet.

Grilled Sirloin Kabobs

SUPPLIES:

- 1/4 C soy sauce
- 3 TBS light brown sugar
- 3 TBS distilled white vinegar
- 1/2 tsp garlic powder
- 1/2 tsp seasoned salt
- 1/2 tsp garlic pepper seasoning
- 4 fluid ounces lemon-lime flavored carbonated beverage
- 2 pounds beef sirloin steak, cut into 1-1/2 inch cubes
- 2 green bell peppers, cut into 2 inch pieces
- Skewers
- 1/2 LB fresh mushrooms, stems removed
- 1 pint cherry tomatoes
- 1 fresh pineapple - peeled, cored & cubed

HOW TO:

1. In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon-lime flavored carbonated beverage. Reserve about 1/2 C of this marinade for basting.
2. Place steak in a large re-sealable plastic bag. Cover with the remaining marinade, and seal.
3. Refrigerate for 8 hours, or overnight.
4. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute, just to blanch. Drain, and set aside.
5. Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
6. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

SUDOKU Medium

Instructions on page 10

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

**CREATURE
FEATURE**

By: Georgia Teich



PANDA

Panda is the name for two nocturnal Asian

mammals. The Red Panda and the Giant Panda. I thought it would be fun to learn more about these animals who are native to China, the home of the 2008 Summer Olympics. Referred to as Games of XXXIX Olympiad a multi-sport event that will be held August 8 through August 24 in Beijing, People's Republic of China. In China the Panda is called Xiongmo, which means Giant Cat Bear.

The Red Panda (Fire fox) know as the lesser Panda and shinning cat are found in high elevations in the Himalayas and the mountains



Red Panda

of West China. It resembles a raccoon, but has a longer body and tail and a more rounded head. It is 3.5 feet in total length and weighs between 7 and 12 pounds; slightly larger than a domestic cat. The very thick fur is rust color to deep chestnut, with black on the under parts, limbs and ears and there are dark patches on the white face. The Red Panda spends much of its time in trees, but feeds on the ground. Eating primarily bamboo leaves,

but also fruit, roots and other plants. There is an estimated population of less than 2,500 mature adults.

Their population decline is due to continued habitat fragmentation and hunters killing them for their fur. Poachers use the fur to make coats and hats. During the day they are skillful and acrobatic animals, they make twittering and whistling sounds to communicate with each other. They are solitary animals and only mate from the end of December to the middle of February. They share their habitat with another bamboo specialist the Giant Panda. The Knoxville Zoo has had more Red Pandas born there than any other Zoo in the Western Hemisphere. The Zoo currently has 7 adults Pandas, 5 female and 2 male. To honor the new Red Panda cubs the Zoo had a Red Panda Mascot Naming Contest.

The more widely known Giant Panda resembles a bear. The body is chiefly white, and the limbs are brownish black, with the dark color extending up over the shoulders. The ears and eyes have patches of black. This Panda is classified in the bear family. Adults weigh 200 to 300 pounds and are 4.5 to 5 feet long with a 5-inch tail, the second longest tail of any bear; the sloth bear has the longest tail. Giant Pandas live in the restricted areas of the high mountain bamboo forests of central China. Their diet consists almost entirely of bamboo shoots they feed for 12 to 16 hours a day eating



Giant Panda

about 20 to 40 pounds of bamboo each and every day. Law in China protects Giant Pandas. Today there are 32 Panda reserves across Southwestern China. Scientist currently estimate the population Giant Pandas at 1,000 making Pandas one to the most seriously endangered species in the world. The Mother Panda has one to two babies every 2 years. Cubs when born are blind and very small; they weigh from 3 to 4 1/2 ounces at birth. They start out with a fine white fur and get their colored fur within a month after birth. People can not tell if a baby Panda is a boy or a girl for four years.

There are approximately 7 in the U.S. in Zoos in San Diego, Atlanta and Washington DC. The zoos outside of China must lease the animals from the Chinese government. This money goes for preservation of Pandas in the wild. In April of 2003 the Memphis

Zoo became one of only four zoos to exhibit Earth's most treasured endangered species the Giant Panda. These Panda's share a \$16 million three-acre home with several other species native to China. The Memphis Zoo's exhibit is a zoogeographical world featuring an animal collection indigenous to China.

The Giant Pandas have both an indoor and outdoor exhibit area, offering the most awe-inspiring Giant Panda viewing in America.

FPT

"If there are any foolish people in the room, will they please stand up" said the sarcastic teacher. After a long silence, one freshman rose to his feet. "Now then mister, why do you consider yourself a foolish person?" enquired the teacher with a sneer. "Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."

SUDO-KID-U 2

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.

			3
	3		
		4	
2			

Independent Consultant

PEOPLE PRODUCTS REWARDS

ARBONNE[®]
INTERNATIONAL

Tracy Horner
112 Maple Crest Dr | Greenville, TN 37743
423-552-8810 phone | 423-787-7764 fax
www.tracyhorner.myarbonne.com



Fun Family Events AUGUST



NOTE: Every effort is made to assure the accuracy of events and dates. Please double check with the sponsor before attending an event. Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or **Family Pastime EVENTS** P.O. Box 3161 Johnson City, TN 37602-3161

1. Respect for Parent's Day, Raspberry Cream Pie Day, Sports Day, Sister's Day, Chopsticks Song Birthday in 1877, Holiday Inn Birthday first opened in 1952, Homemade Pie Day, Woman Astronomers Day, MTV's Birthday 1981, Play Ball Day, San Francisco Cable Car Day 1873, Spiderman's Birthday

2. National Ice Cream Sandwich Day, Taxpayer Appreciation Day, Mustard Day, Dinosaurs Day

3. Airplane Crop Duster Day, American Canoe Association Birthday 1880, American Family Day, National Watermelon Day, Air Traffic Controllers Day, American Family Day, Prairie Dawn's Birthday, National Park Day, International Forgiveness Day, Sisters Day, Waffle Day

4. National Backgammon Day, Chocolate Chip Day, Hooray for Kids Day!,

5. Green Peppers Day, National Night Out, National Failures Day, Take a Walk on the Moon Day, Ice Cream Sundae Thursday,

6. Fresh Breath Day, Wiggle Your Toes Day, Gossip Day, Half way point of the Summer

Hands On! 11:00 am - 2:00 pm - Wacky Sports Day

7. Beach Party Day, Lighthouse Day, Sea Serpent Day

Kingsport Downtown Free concert 7 pm Michelle Shocked w/ the Lee Boys

JCPL Summertime Book Talks TIME to SHARE 6:30 pm Share one of your favorite books

8. Sneak some Zucchini onto your neighbor's porch night, Dollar Day, Cheese Cake Day, Gals Night Out, Admit You're Happy Day, Swim Day

Kingsport Downtown Free concert 7 pm Pleasant Hill Band

Sycamore Shoals Fibers Mini-Workshops: 10 am - 4 pm at the historic Carter Mansion

Carter Mansion Celebration 10:00am- 9:00pm

9. Betty Boop's Birthday, Smokey Bears Birthday, Book lovers Day, Art Appreciation Day, Hand holding Day, Dance A Polka Day, Rice Pudding Day, Kool-Aid Day, Garage Sale Day, Middle Children's Day

Hands On! Art Studio, paint to Elvis during Elvis Week, Hand-y Challenge Celebrate Left Handers

Sycamore Shoals Primitive Pottery II: Pit-Firing Techniques 10 am - 4 pm August 2008 Cost: \$15.00, Carving a Dough Bowl 10am - 3pm Cost: \$75.00 (includes supplies), Fibers Mini-Workshops: 10 am - 4pm at the historic Carter Mansion, Spinning on a Bottom Whorl Drop Spindle 10:30am - 1:30pm Cost: \$20 (materials provided), Carter Mansion Celebration 10 am- 4:30 p.

10. S'mores Day, Lazy day, Daughter's Day, Spoil Your Dog Day

Hands On! Art Studio, paint to Elvis during Elvis

Week, Hand-y Challenge Celebrate Left Handers

11. Play in the Sand Day, Dog days end, Presidential Joke Day

Sycamore Shoals Sweater Knitting 9am - 1pm Cost: \$25.00 per class or \$80.00 for four

Bristol Public Library Sweetness On The State Line: The History of Candy Making 6:30 pm

12. Chinese Valentine's Day, International Youth Day, Truck Driver Day, Thumper's Birthday

JCPL CHESS CLUB (K- 5) 10 a - 12 p

13. Blame Someone Else Day, International Left Handers Day, Trail Mix Day

14. Senior Citizens Day, Creamsicle Day

Kingsport Downtown Free concert 7 pm Mike Farris

15. Hello Day, Angle Food Cake Day, Failures Day, Relaxation Day, I Love Cowboys and Cowgirls Day

Kingsport Downtown Free concert 7 pm Appalachian Trail

16. Roller Coaster Day, Elvis Presley Commemoration Day, Tell a Joke Day, National Golf Day

Tipton Haynes Family Reunion - Register 8/15 or 9 a.m. Sat.

Sycamore Shoals Beginning Knitting 11am - 3pm Cost: \$25.00

Johnson City TREE streets Yard Sale!

17. Airmail Balloon, Wrench Birthday, Davy Crockett's Birthday

Sycamore Shoals Hats in the Round 1 - 4pm Cost: \$20.00 (supplies not included)

18. Stay at Home with Your Kids Day, Women's Voting Rights Day, Bad Poetry Day

19. Aviation Day, Snuffleupagus's Birthday, Spicey Food Day, Potato Day

20. Summer Cool-Off Day, Bad Hair Day

21. Sit Back and Relax Day,

Kingsport Downtown Free concert 7 pm Homemade Jamz Blues Band

Gray Racing Legends of the South Fund Raiser to help legends & their families with financial needs 10a-2p Gray Tire & Auto 211 Suncrest St.

22. National Punctuation Day, Be an Angel Day, National Tooth Fairy Day

Kingsport Downtown Free concert 7 pm Tennessee Skyline

23. Sponge cake Day, Eat a Peach Day, Gymnastics Day

Hands On! Art Studio, Learn about Hawaiian Art, Visit our feature exhibit, "Under Construction", before it closes.

24. Shooting Star Day, Single Parent Family Day,

Strange Music Day

Hands On! Art Studio, Learn about Hawaiian Art, Visit our feature exhibit, "Under Construction", before it closes.

25. Kiss and Make-up Day

26. Granddaddy's Birthday, Make your own luck day, Cherry Popsicle Day

27. Motorist Consideration Day, Banana Lovers Day

28. Bow Tie Day, Buttered Corn Day, Dream Day

Kingsport Downtown Free concert 7 pm Webb Wilder

29. More Herbs Less Salt day, Ashley Lyons day

Kingsport Downtown Free concert 7 pm ETSU Bluegrass Band

30. Toasted Marshmallow day, Neighborhood Day

Hands On! Art Studio, Learn about Andy Warhol.

Sycamore Shoals Step-By-Step Oil Paint 9am-4pm Cost: \$50 (includes supplies)

31. Princess Diana Memorial Day

Hands On! Art Studio, Learn about Andy Warhol.

SUPER SUDOKU Answer from last month

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

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

Crypto clue: A=1

Across

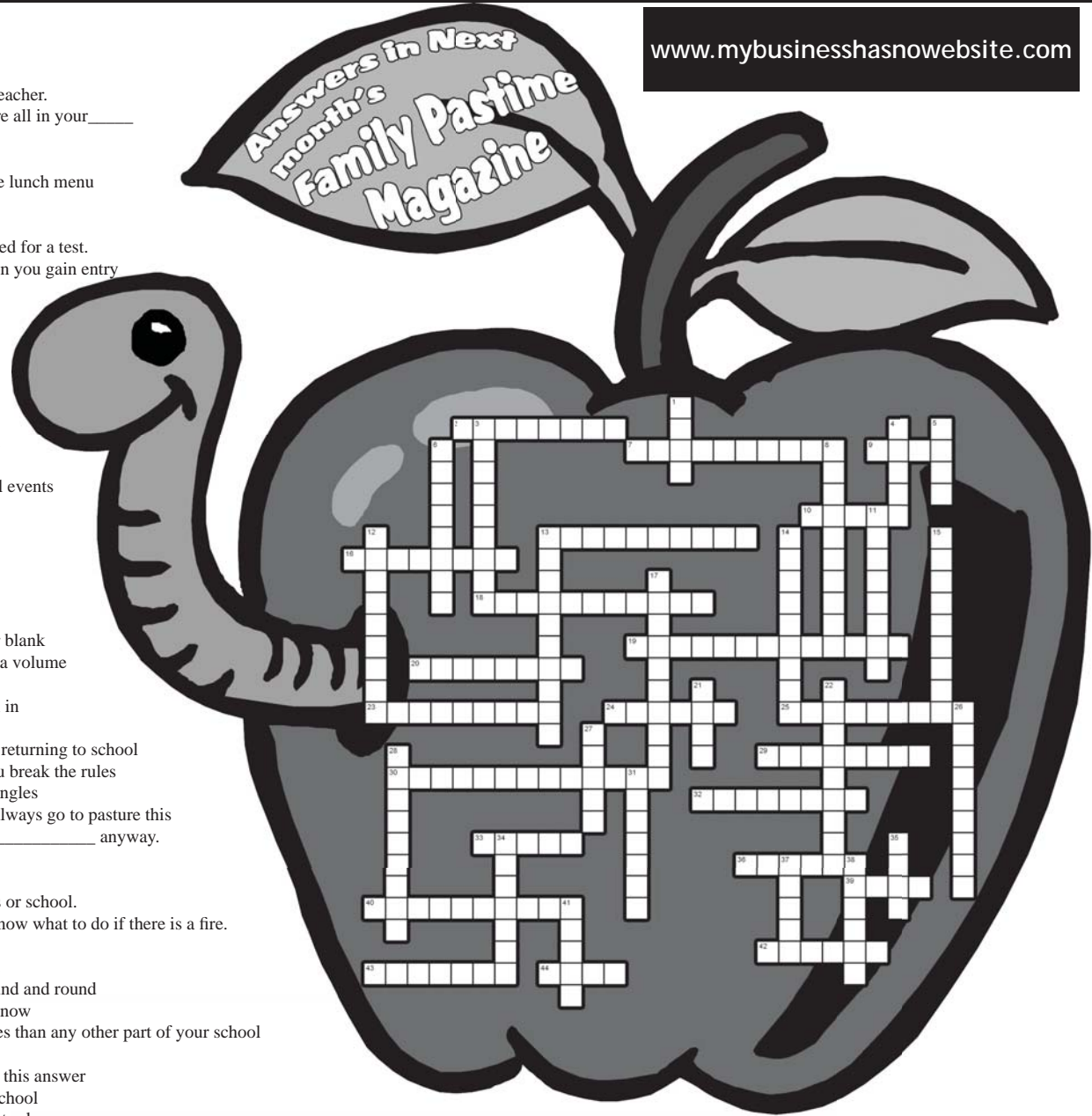
2. Don't run with these
7. The third "r" of learning
9. What parents sign from a teacher.
10. Kids in your classroom are all in your _____
13. Where the swingers are
16. Comes out once a year
18. That unknown item on the lunch menu
19. The study of social issues
20. Also used for hiking
23. The type of pencil you need for a test.
24. With the right combination you gain entry
25. Big cheese at school
29. Place to keep blank paper
30. Helps us cross the street
32. Because you don't get enough work at school
33. Stand up but sit down
36. Sometimes y
39. What you do before a test if you forgot to study.
40. We gather here for special events
42. Number 2
43. This subject "rocks"
44. Ride it to school.

Down

1. Sometimes these pop
3. Where you gather to learn
4. A set of written, printed, or blank sheets bound together into a volume
5. You write and study here
6. What you bring your lunch in
8. The teacher writes here
11. What you and buy before returning to school
12. What you might get if you break the rules
13. Use this to figure all the angles
14. Even though you do not always go to pasture this journey is called a _____ anyway.
15. Nets are used here
17. Statement of your status
21. Sounds at the end of class or school.
22. A test to make sure you know what to do if there is a fire.
26. Keeper of the books
27. What you do before a test
28. The wheels on this go round and round
31. What you are doing right now
34. This place has more stories than any other part of your school
35. A big test
37. What you will do to enter this answer
38. What you have for your school
41. Learn about scales and notes here



www.mybusinesshasnowwebsite.com



A wise schoolteacher sends this note to all parents on the first day of school: "If you promise not to believe everything your child says happens at school, I'll promise not to believe everything he says happens at home."

Family Crypto-Time Last month's answer

"The will of the people is the only legitimate foundation of any government, and to protect its free expression should be our first object."

look on page 18 for a clue. Look for the answer next month.

~ Thomas Jefferson

Cypher: Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
 Cipher: QDXHBCZOSMJYNAPWULEIGKVRTG





Arfie McBarfie By: I.M.. Yuckee

No matter what color your hurl is, though, it usually stinks — no matter what you last ate. The process is initiated by stimulation of the

vomiting center of the brain by nerve impulses from the gastrointestinal tract or other part of the body. The vomiting center then sends out nerve impulses that precipitate spasmodic muscular contractions of the stomach wall and downward spasms of the diaphragm. The pressure generated then forces the contents of the stomach up and out your mouth. Your “Talking to Ralph on the big white phone” may have any number of causes such as;

if you have a virus or other germs in your stomach or intestine, eat food with lots of bacteria (bak-teer-ee-uh) in it, feel very nervous, or spin too fast, it may be triggered by stimuli which might indicate the possibility of poisoning, such as motion sickness, or sight of decayed food, or seeing other people vomiting.

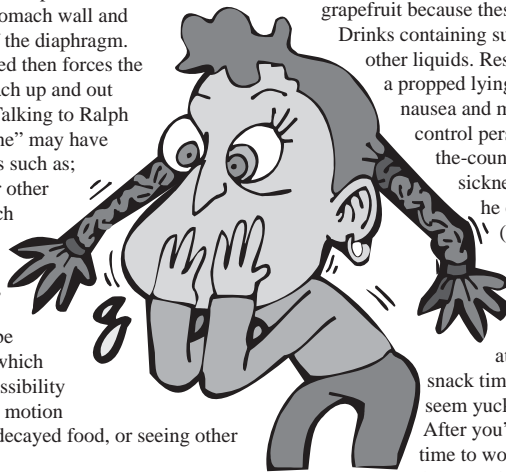
As yucky as it can look and feel, the “Technicolor Yawn” is pretty normal. Everyone has puked during his or her life, even your mom or dad. When you’re sick with the stomach “flu” you may need to puke, and there’s not much you can do about it. Sometimes being nervous or eating too much food is all

it takes to upset your stomach. In these cases, you often can help your stomach by relaxing and taking a few slow deep breaths.

Another cause of “Uploading some chunkware” is something called motion sickness. Motion sickness is a sick feeling that some people get from riding in cars, boats, airplanes or crazy rides. To prevent a “Tango With The Toilet” live a hygienic life to avoid bad bacteria infections. Drinking small amounts of clear, sweetened liquids such as soda pop, fruit juices (except orange and grapefruit because these are too acidic) and popsicles.

Drinks containing sugar calm the stomach better than other liquids. Rest either in a sitting position or in a propped lying position. Activity may worsen nausea and may lead to vomiting. For children, control persistent coughs and fever with over-the-counter medicines. To treat motion sickness in a car, children should sit so he or she faces the front windshield (watching fast movement out the side windows can make the nausea worse). Limit snacks, and do not serve sweet snacks with regular soda pop. Don’t let eat and play at the same time. Take a break during snack time. “Throwing your dinner” may seem yucky but it does serve a good purpose. After you’ve “Whistled carrots”, it’s time to work on feeling better. Relax — lie down or sit down — and, when you feel well

enough, try to take a few sips of water. Don’t drink soda or fruit juices right away, because they tend to make upset stomachs feel worse. Also, don’t drink while you’re lying down — that makes it too easy for the liquid to come back up. Drink little bits at a time and catch your breath in between sips. You’ll most likely begin to feel better pretty quickly. **FPT**



Whether you call it puke, regurgitate, blow chunks, ralph, blow chow, deliver street pizza, yell for Hughie, throw up, upchuck, gut soup, barf, buying buick, vomit or any of the over

500 different names listed on the internet, it’s the same stuff who’s official name is or emesis. It is the forceful expulsion through the mouth of the contents of one’s stomach.

Sometimes puke tastes bitter, sometimes it tastes sour. Sometimes it tastes like the food you just ate, and it’s often the color of what you last chewed on. So if you recently enjoyed aunt Mabel’s famous blueberry pie you might sprog out a lovely blue shade of nuggets. A red popsicle might produce a splendid red colored earl. Sometimes puke may be green, but not necessarily because you ate green beans. Barf looks green when a chemical called bile (pronounced: byel) mixes with it. This will happen if the food that comes back up is squeezed from your intestines into your stomach and then up your throat. Always tell a parent if your puke looks green.

Ten Smart Ways To Save Money On Groceries

(NAPS)—Here are 10 ways to save serious money at the supermarket.

1. Loyalty Cards: If you don’t have one, sign up for one. It’s one of the easiest ways to save money on groceries on sale each week. Never leave the store without swiping your loyalty card at checkout.

2. Electronic Coupons: Online coupon sites such as www.Shortcuts.com let shoppers load coupons onto their store loyalty cards for savings without printing or clipping. Just click the coupons you want and they’re automatically redeemed when



you use your loyalty card.

3. Buy One, Get One Free: These buy-one-get-one sales are great on their own, but you can also use one coupon for each item. So if you get two items, make sure to use two coupons.

4. Printable Coupons: Check out coupon Web sites such as www.Coupons.com and www.Smart Source.com, which let you select the coupons you want to print.

5. Favorite Brands: Frequent the Web sites of your favorite brands. You can often find money-saving printable coupons right on the site or you can sign up for special offers by mail or e-mail.

6. Coupons for Sale: If you spot a great sale and want to double up on your savings, go online to a site like www.TheCouponClip pers.com, which lets you order coupons for a few cents each.

7. Stack Coupons: Some retailers offer coupons that can only be used at their stores. You can use these coupons along with manufacturers’ coupons on the same product for extra savings. By doubling up, you can sometimes get products for free or nearly free.

8. Double And Triple Coupon Deals: Some grocery stores double or triple coupons and sometimes only on certain days of the week. Check the newspaper for which days they’re multiplied.

9. Rebates & Free-bates: Look for rebates and free-bates, which refund you the full purchase price. You can make money in some cases when you use a coupon and then get a full-price free-bate. Just don’t forget to send in the forms.

10. Money-Saving Blogs: Check out money-saving blogs that share with readers shopping tips and advice as well as coupons, free samples and round-ups of the best deals at the grocery store. Two to check out are www.MoneySavingMom.com and www.CouponCravings.com. **FPT**

School Bus Safety

SCHOOL BUSES ARE THE SAFEST WAY TO GET TO SCHOOL.

School buses are nearly 8 times safer than passenger vehicles. But children must take care when boarding or leaving the bus. While an average of 7 school-age passengers are killed in school bus crashes each year, 19 are killed getting on and off the bus.

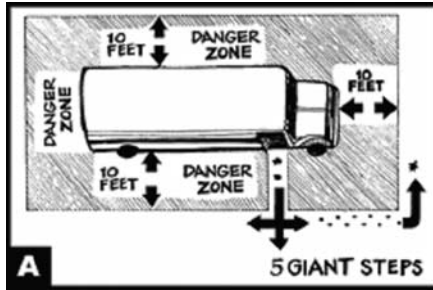
Most of those killed are children, five to seven years old. They are hit in the danger zone around the bus (A), either by a passing vehicle or by the school bus itself. It is illegal for a vehicle to pass a bus with its red light flashing.

Young children are most likely to be hit because they:

- Hurry to get on or off the bus,
- Act before they think and have little experience with traffic,
- Assume motorists will see them and will wait for them to cross,
- Don't always stay within the bus driver's sight, or
- Drop something as they get off the bus and run into the path of the bus to pick it up.

TEACH YOUR CHILD TO GET ON AND OFF THE BUS SAFELY:

- When getting on the bus, stay away from the danger zone and wait for the driver's signal. Board the bus one at a time.
- When getting off the bus, look before stepping off the bus to be sure no cars are passing on the shoulder (side of the road). Move away from the bus.
- Before crossing the street, take five "giant steps" out from the front of the bus, or until the driver's face can be seen (A). Wait for the driver to signal that it's safe to cross.



The Danger Zone is the area on all sides of the bus where children are in the most danger of being hit. Children should stay ten feet away from the bus (or as far away as they can) and never go behind it. They should take five giant steps in front of the bus before crossing, so they can be seen by the driver

• Look left-right-left when coming to the edge of the bus to make sure traffic is stopped. Keep watching traffic when crossing.

SAFETY STEPS YOU CAN TAKE:

- Supervise children to make sure they get to the stop on time, wait far away from the road, and avoid rough play.
- Teach your child to ask the driver for help if he/she drops something near the bus. If a child bends down to pick up something, the driver cannot see him/her and the child may be hit by the bus. Have your child use a backpack or book bag to keep loose items together.
- Make sure clothing and backpacks have no loose drawstrings or long straps, to get caught in the handrail or bus door.
- Encourage safe school bus loading and unloading.
- If you think a bus stop is in a dangerous place, talk with your school office or transportation

director about changing the location.

LEARN AND FOLLOW SCHOOL BUS STOP LAWS:

Laws exist to protect children getting on and off the bus AND protect you from a tragedy. Check with your school or police department for more information on your state's laws. Here are some rules:

- Vehicles must stop when the bus displays flashing red warning lights and extends the stop signal arm (B). Vehicles may not pass until the flashing red lights and signals are turned off.
- Vehicles traveling in the same direction as the bus are always required to stop. In some states, vehicles moving in the opposite direction on a divided roadway are also required to stop. Check the law in your state.
- Never pass on the right side of the bus, where children enter or exit. This is illegal and can have tragic results.



Violation of these laws can result in a citation and fine. In many places, school bus drivers can report passing vehicles.

For more information, contact the DOT Auto Safety Hotline at 1-888-DASH-2-DOT(1-888-327-4236) or www.nhtsa.dot.gov

Family Pastime Magazine

Last Month's Answer

PARADE
HOT DOGS
BRIAN WILSON
UNCLES SAM
INDEPENDENCE DAY
HURRICANE'S
WATERMELON
DANDELION
FIRECRACKER
FIREWORKS
RED
SPRINKLER
BARBECUE
S
K
E

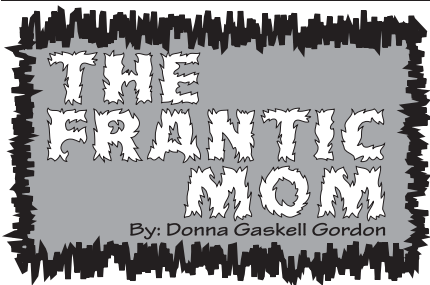
Mother: How was your first day at school?
Son: It was all right except for some man called "Teacher" who kept spoiling all our fun!

I'm not going back to school ever again
Why ever not?
The teacher doesn't know a thing, all she does is ask questions!

Fred came home from his first day at school. "Nothing exciting happened", he told his mother, "Except the teacher didn't know how to spell cat so I told her"

Sudoku last month's Really Hard answer

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



August contains two of my favorite events, my birthday and buying new school supplies. I have always enjoyed indulging in new colored markers, a cool binder and a new calendar, but that was before I had kids. Now I am just grateful my kids are back to school, but sorry to see the low drag days of summer end.

By September, life has turned into the three-headed hydra of snarled scheduling, high speed spending and homework nagging. Now that my kids have settled into advanced studies I wanted to pass on some research that I learned along the way to control this beast.

With school starting soon, the kids are clamoring for new stuff. Need help teaching them the value of your money? Make it happen by turning it into their money and their responsibility. Follow David Owen's advice featured in his book, *The First National Bank of Dad: The Best way to Teach Kids About Money* and learn how your fashionistas can be transformed and become informed savers and rational spenders.

Now that the kids are on the fiscal straight and narrow, saving and spending intelligently, what about studying and completing homework effectively? Instead of a generic student planner why not try the one that teaches study skills a bite at a time? The H2O/Homework organizer does just that. Developed by a school psychologist, it realistically prevents the missing worksheet, the panic of last minute projects and other homework dilemmas by eliminating guesswork and teaching a system the student can implement to succeed. This system is especially helpful for the fifth grader and up who is dealing with greater expectations and more coursework with each promotion. This

Back To School

can be ordered through your local bookseller or online at www.homework-organizer.com.

Finally, this leaves us with the adults in charge. Do you have a planner or agenda that works for family life? My experience is picking a planner is sort of like teenage dating, one can look great until you get to know it and then you wonder what were you thinking.

It takes time to find the right fit. You might be a paper or electronic calendar person, or a combo of both.

I have finally weaned myself from paper to a Palm Pilot, but I still use a backup family wall calendar and a family organizer binder that holds all those papers that my kids drag home that "must be saved". The following are some of the best family oriented planners I have found on the market, and many run on a 17 month academic system, very helpful if you run on the year round school calendar.

Checking out the websites and reading the reviews will save you time and effort running around town and then can direct you to the best purchase options. With all that time and money you save you should really go for it and splurge on the jumbo box of markers.

Product name will be followed by website.

- **Circa Agenda** (www.levenger.com)
- **Mom Agenda** (www.momagenda.com)
- **FamilyTime.Mine** (www.timemine.com)
- **Amy Knapp's Family Life organizer** (Amazon, Borders and Barnes and Noble.com)
- **Mom's Family Calendar** (www.peterpauper.com)
- **MoretimeMom** (www.moretimemoms.com)
- **Family Facts Family Life Organizer and Planner** (www.family-facts.com)
- **Cozi online scheduling** (www.cozi.com)
- **Familytracker** (www.timetoo.com)

Advertise for FREE Family Pastime Magazine

is committed to helping family owned businesses. Send your business card to:

Family Pastime Magazine

Free ad contest

P.O. Box 3161 Johnson City,

TN 37602-3161 We will draw for a free ad in

next month's magazine.

Some stipulations apply.

E-mail editor@familypastime.com

For full details

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

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

SUDOKU REALLY HARD

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



What You Need to Know Before Planting Tulips

It's a common frustration. You buy 25, 100, maybe even 300 tulip bulbs, plant them in the fall and enjoy a great display in the spring. But the following spring, all you get is a smattering of flowers and maybe a bunch of leaves.

"What happened?" You ask yourself. "Aren't tulips supposed to come back? My grandmother has tulips that have bloomed every spring for as long as she can remember? Did I do something wrong?"

According to Tim Schipper, owner of Colorblends wholesale flowerbulbs in Bridgeport, Conn., you are not to blame. "It's in the nature of tulips," he says. "Most are not strong perennializers. They don't flower well the second year after planting."

Why Tulips Stop Flowering

The tulip bulbs you buy and plant in the fall have been groomed to bloom. They were raised in sandy Dutch soil and fertilized in just the right measure.

When they bloomed in the spring (the same year you bought them), the flowers were cut off soon after they opened to keep them from drawing too much energy from the bulbs below. They continued to grow for several more weeks in famously cool Dutch weather. ("Holland is further north than Newfoundland, which is over 300 miles north of the tip of Maine," Schipper notes.) After going dormant in early summer, the bulbs were dug and stored in a climate-controlled warehouse to mimic a long, hot, bone-dry summer in the mountains of Central Asia, which is where most tulips are native.

All of this TLC yields a high percentage of flowering-size bulbs, including many top-size bulbs, the cream of the crop, which measure 12 centimeters in



circumference and sometimes larger," Schipper says. "A top-size bulb can't get bigger, but it will get smaller, typically by splitting into two or more smaller bulbs."

So you start with big, plump tulip bulbs and plant them in your garden. Do you have sand for soil? Do you monitor your soil's fertility and apply just what's needed when it's needed? Do you have long cool springs in your

climate the way they do in Holland? Do you cut the flowers off right after they open? The answer to most of these questions is most likely no.

Under less-than-perfect garden conditions, when the bulbs split into

smaller bulbs, those smaller bulbs are unlikely ever to grow to flowering size," says Schipper. "Some may also rot due to heavy soil or excess moisture. And so your breathtaking tulip display dwindles to little or nothing. That said, I have a few red tulips that have bloomed every spring for 10 years. They just refuse to give up."

Tulips That May Come Back

The good news is that some tulips are willing to bloom well for more than one spring. Their bulbs are slow to split or they split unevenly, so that one of the smaller bulbs is still big enough to flower. "Eventually, flowering becomes sparse, but you may get two or three good displays before you feel the need to replant," Schipper says.

The best known of these so-called perennial tulips are the Darwin Hybrids. This group includes such well-known varieties as Apeldoorn, Oxford and Pink Impression. All make big bulbs and big flowers in bold colors. They bloom in the middle of the spring bulb season.

Almost as familiar are the Fosteriana tulips, which include the Emperor series (Red, White, Yellow and

Orange). These tulips are more compact and earlier to bloom than the Darwin Hybrids, but their vase-shaped flowers are large and very showy.

Further down the list are the Greigii and Kaufmanniana tulips, which are generally shorter and earlier than the Darwin Hybrids and Fosterianas and often have attractively spotted leaves.

And finally there are the wild, or species, tulips. They are descendants or near-relatives of the tulips that can still be found growing in the valleys and on the rugged slopes of mountains in such places as Iran, Afghanistan and Kazakhstan. They are colorful, attractive and remarkably persistent in the landscape.

Spring Beauty on the Cheap

If you can buy a tulip that may flower for three years, why would you consider one that will only flower once? The answer, Schipper says, is that some of the most beautiful tulips are not good perennials. "People plant them because at 35 to 45 cents a bulb, they won't break the bank. Compared to other leisure activities, planting bulbs is less expensive, takes less time, is longer lasting and more beautiful. When you look at it that way, even a one-shot tulip gives a great return on investment."

For More Information

Learn more about tulips and other spring-flowering bulbs by visiting www.colorblends.com, or toll free (888) 847-8637 to request the Colorblends 2008 wholesale catalog. **FPT**

Courtesy of ARAContent

UNIONJACK
 Plumbing Services and Repairs
 423.470.2690 or 423.257.4990
UP FRONT PRICING!!!

- Full Service Repairs • Pumps
- Pressure Washing • Water treatment solutions
- Gas lines, Logs, Ranges & Fireplaces
- Water heaters --including Rinnai tankless
- Full house plumbing & inspections
- Water/Sewer line Repair & Replacement

Full Clean up after the job!
www.unionjackplumbing.com

PAT & JOHN HITECHEW
 Owners

(423) 282-3761
JACK MILLER BODY SHOP, LLC
 EST. 1948

YOUR **5 STAR** MUFFLER DEALER
FREE ESTIMATES
 200 WESLEY JOHNSON CITY, TN

The Future of Health Care in Washington County!

Mountain States Health Alliance is bringing the future of health care to Washington County with two exciting new facilities already approved by the State of Tennessee and underway as we continue to meet the needs of our residents!



- A “Greener” place, opening in 2010
- First LEED-certified hospital in Tennessee
- Features include a 22-bay, State-of-the-Art Emergency Department
- Your community Hospital with emphasis on the patient in a healing environment
- *Replacing* North Side Hospital and Johnson City Specialty Hospital

- For the Children in our Region
- Opening in 2009
- Offering our region’s only Pediatric Emergency Department (opening Summer, 2008 with 8 emergency exam rooms)
- *That’s where the doctors are for kids!*



1.800.888.5551 • www.msha.com