

AUGUST 2009

FREE

Family Pastime Magazine

familypastime.com

THE magazine for the WHOLE family

Volume 5 Issue 1

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Take Two and give one to a friend



THE magazine for the WHOLE family

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Family Pastime Magazine

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AUGUST WEEKLY OBSERVANCES

- Simplify Your Life Week: 1-7
- Clown Week: 2-8
- Fraud Awareness Week: 2-8
- Single Working Women's Week: 2-8
- Exhibitor Appreciation Week: 3-7
- Psychic Week: 3-7
- Sturgis Bike Rally: 3-9
- Hobo Week: 6-9
- Elvis Week: 8-16

- Assistance Dog Week: 9-15
- Resurrect Romance Week: 9-15
- Mae West Week: 14-17
- Aviation Week: 16-22
- Weird Contest Week: 17-21
- Safe at Home Week: 24-28
- Be Kind To Humankind Week: 25-31
- Minority Enterprise Development Week: 30-9/5
- Waffle Week: 31-9/6

AUGUST MONTHLY OBSERVANCES

- American Adventures Month
- American Indian Heritage Month
- Black Business Month
- Cataract Awareness Month
- Children's Eye Health & Safety Month
- Children's Vision & Learning Month
- Get Ready for Kindergarten Month
- Golf Month
- Happiness Happens Month

- Motorsports Awareness Month
- Immunization Awareness Month
- Inventor's Month
- Panini Month
- Water Quality Month
- Win With Civility Month
- Neurosurgery Outreach Month
- Psoriasis Awareness Month
- Spinal Muscular Atrophy Awareness Month
- What Will Be Your Legacy Month

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.

Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once.

Look in next month's issue for the answers.

From The Editor

By: Chris Joker

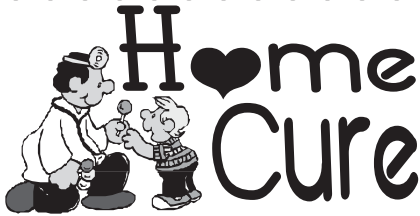
It is really hard for me to believe that it has been four years since we first published **Family Pastime Magazine**. Since I have been putting the magazine together the months fly by. As soon as we get one distributed it seems like its time to put another one together. And now the years are flying by as well. 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 every member of the family may enjoy. We attempt to stimulate conversation and experiences that will bring the family 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 again, 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. This month also marks our second anniversary of offering "Creature Feature" by Georgia Teich. I can't tell you how excited Georgia gets at writing the column every month. She is always finding out some interesting fact about the creatures she researches and it never

fails to surprise me at the Tennessee tie-ins she finds to many of the creatures. April was the anniversary of adding "The Frantic Mom" by Donna Gaskell Gordon. As frantic as she is she manages to make deadline. Donna writes about parenting tips right out of her own frantic mom (kind of redundant, don't you think?) experiences. I also want to thank Lisa Baughn who writes our "There's No Place Like

Home School" column. Next month will mark Lisa's 3-year anniversary as part of the **Family Pastime** Family. Lisa 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 four-year anniversary we have chosen to re-run some of the more popular articles and features from the past four years, we hope you enjoy what you read. This issue also contains our yearly survey which helps us make sure we are on target with what our readers desires are. Please take a minute to fill out and send in the survey on page 18 or fill it out online at www.familypastime.com. If you have or know someone with a business that would like to be a distribution location for **Family Pastime Magazine** call or e-mail us and we will try to add them to the list for free. 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**





Treatments 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. Add more 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 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" information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Family Pastime Magazine, Family Media Group LLC, the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

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A. Happy Birthday to Moo!

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

Sudoku Really Hard Instructions: On page 2

Sudoku last month's Really Hard answer

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

Family Financial Focus

Get Educated About Investing

If you have children at home, you're no doubt aware that it's the traditional back-to-school time. But even if your days of parent-teacher conferences are in the past, or even in the future, you can still find a place in your life for education — and you might want to start by educating yourself about investing.

To get the most out of your investment education, ask yourself these questions:

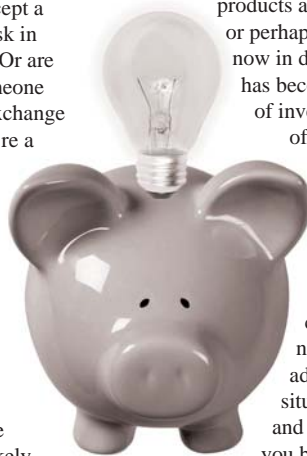
- What are my goals? Your financial goals should drive your investment decisions. You probably have short-term goals, such as making a down payment on a home or paying for a vacation, and long-term goals, such as saving for your children's college education or building resources for your retirement. Once you've identified your goals, you can create an investment strategy to help achieve them.
- What is my risk tolerance? Self-awareness is important in every aspect of life — including your approach to investing. As you create your investment portfolio, you need to understand your own views

on risk. Would you consider yourself an aggressive investor — that is, someone who can accept a relatively higher degree of investment risk in exchange for potentially higher returns? Or are you a more conservative investor — someone who is willing to take lower returns in exchange for lower potential risk? Or perhaps you're a moderate investor, less risk-averse than some but less aggressive than others. However you'd characterize yourself, it's essential that you factor in your risk tolerance when choosing investments. Otherwise, you'll likely end up causing yourself needless worry over your investment portfolio's performance.

- When should I make changes to my investments? Once you've built an investment portfolio, you shouldn't leave it on "autopilot." Over time, you most likely will need to add new investments or sell others. However, try to avoid selling quality investments just because their share price has dropped — they may still have good long-term prospects. In general, you should sell an investment under certain circumstances. For example, if your goals have changed, you may find the need to sell some investments and purchase others. You may decide to sell an investment if it's no longer what it was when you purchased it. For example,

maybe you've invested in a company whose products are less competitive than they once were, or perhaps the company belongs to an industry now in decline. And finally, if your portfolio has become "overweighted" with certain types of investments, you may decide to sell some of them to bring your holdings back into balance, based on your goals, risk tolerance and time horizon.

- Whom should I consult for help? You can do a lot to educate yourself about investing — but when it comes to making the right choices for your future, you may need help. A professional financial advisor who is familiar with your family situation, short- and long-term goals and investment preferences can help you build and maintain a portfolio that can help meet your needs. The investment world can be complex, so the more knowledge you have on your side, the better off you'll be.



Take the time to learn as much as you can about investing. It's an education that can pay off in the long run. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Backpack Basics

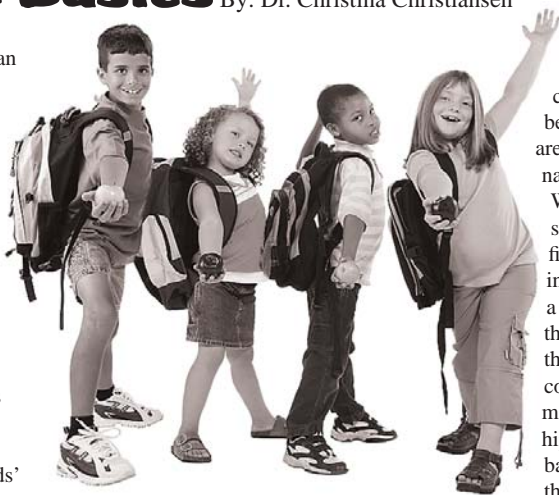
By: Dr. Christina Christiansen

Backpacks are more popular than ever. They come in all sizes, shapes, colors, and fabrics — it is a great way to allow children of all ages to express their own personal sense of style. Even adults are choosing to carry a backpack to work instead of lugging around a briefcase. Backpacks are also important for outdoor enthusiasts like campers and hikers.

Did you know over 10,000 trips to the emergency room each year are attributed to backpack related injuries? A recent survey by Lands' End Direct Merchants found that more than 96% of children ages 8-12 will carry a backpack to school this year. Of that 96%, one-third will carry their backpack incorrectly and cause injury to their back.

What Problems Can Backpacks Pose?

It is important to understand that a heavy backpack can affect your child's body. Many people never consider their child's backpack, which is filled with books, school supplies, and personal items, to be the source of the back pain.



Children's spines are made of 33 bones called vertebrae, and between the vertebrae are discs that act as natural shock absorbers. When a heavy weight, such as a backpack filled with books, is incorrectly placed on a child's shoulders, that weight can pull the child backward. To compensate, the child may bend forward at the hips or arch his or her back, which can cause the spine to compress unnaturally. Because of the

heavy weight, a child might begin to develop shoulder, neck, and back pain.

It is important to remember that many factors may lead to back pain in children including: increased participation in sports or exercise, poor posture, and inactivity.

What Can You Do To Purchase a Safe Pack?

Despite potential problems, backpacks are an excellent tool for children when used properly. But before you

buy that trendy new backpack your child or teen has been begging you for, consider the backpack's construction. The American Academy of Pediatrics (AAP) recommends the following:

Wide, padded shoulder straps that are adjustable — straps that are too narrow can dig into shoulders

A padded back, which not only provides increased comfort, but also protects your child from being poked by sharp edges or objects inside the pack

A waist belt, which helps to distribute the weight more evenly across the body

Multiple compartments, which can also help distribute the weight more evenly

The pack should never hang more than four inches below the waistline

Make sure your child's backpack weighs NO more than 5-10% of his or her body weight

Chiropractic Care Can Help... If you or your child experiences pain or discomfort resulting from backpack misuse, call your Chiropractic Physician. Chiropractors are licensed and trained to diagnose and treat patients of all ages. In addition, chiropractic physicians can also prescribe exercises designed to help children develop strong musculature that will help prevent injury, along with instructions in good nutrition, posture, and sleeping habits. **FPT**

Dr. Christina is a Doctor of Chiropractic at PureLife Chiropractic in Johnson City. www.purelifechiro.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.** Girlfriend's Day, Respect For Parents, Sweet Corn Day, US Air Force Day, World Wide Web Day, National Mustard Day
Sycamore Shoals. Vegetable gardening with Master Gardener, Ben Hunter 10-noon
- 2.** Sister's Day, Friendship Day
Sycamore Shoals 7th Annual Elizabethton Butterfly Count, 9am & 1pm
- 3.** Watermelon Day
Sycamore Shoals. Homespun Storytelling Guild, 6 pm - 8 pm
Bays Mt. Canoe/Kayak Tour 6- 9p.m. Call (423)229-9447 for more info & registration.
- 4.** Coast Guard Day, Chocolate Chip Day, Night Out
JCPL Mother Goose Lapsit* (age 1) 9:30 am, 2's Time*10 am, Preschool Pals*11 am
Sycamore Shoals. Scrap Booking, 10am - 3pm each session. FREE. Supplies available for purchase.
- 5.** Underwear Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am
Bays Mt. Barge Fishing. Enjoy an evening on the barge and attempt to catch that big one. \$6 per person must be at least 12-years-old and possess a current fishing license. 6pm-9pm. Reservations 423-229-9447
- 6.** Hiroshima Day, Fresh Breath Day:
JCPL Mother Goose Lapsit* (age 1) 9:30 am
Bays Mt. Crepuscular Compulsion join our naturalists for an interpretive hike around the lake to the beaver ponds. 8:00 - 9:00 p.m. meet at the dam at 7:45 p.m.
- 7.** Braham Pie Day, Lighthouse Day, Particularly Preposterous Packaging Day, Professional Speakers Day, Purple Heart Day, Twins Day 7-9
Hands On! 6-7 pm - First Friday Touch a Truck Event Friday
Bays Mt. Twilight Barge Ride spend a late evening on the lake being serenaded by a chorus of frogs, owls, and other creatures of the night. 8 p.m.
- Freedom Hall** Johnson City, UMOJA FESTIVAL 2009 Schedule at www.umojajc.com
- 8.** Garage Sale Day, The Date to Create, Happiness Happens Day, Sneak Some Zucchini Onto Your Neighbor's Porch Night
Sycamore Shoals. Carter Mansion Celebration & Garrison music, and fun, 10am - 4:30 pm, Carving 9 am - 4 pm Instructor: Mark Ramsey Cost: \$75 (includes supplies)
Freedom Hall Johnson City, UMOJA FESTIVAL 2009 Schedule at www.umojajc.com
- 9.** Assistance Dog Day, Veep Day
Sycamore Shoals. Carter Mansion Celebration & Garrison music, and fun, 10am - 4:30 pm
- 10.** Duran Duran Appreciation Day, Smithsonian Day, S'mores Day
Greeneville. 60th Greene County Fair 8/10-8/15 www.greenecountyfair.com
- Sycamore Shoals.** Sweater Knitting 9 am - 1 pm

- Cost: \$25 per class or \$80 for four (plus supplies)
- 11.** President's Joke Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am, Watauga Association of Genealogists 6-7:30 pm, TEEN VolunTeen Orientation 6:30 pm, Preschool Pals*11 am
Sycamore Shoals. Liberty Spinners gathering of spinners and fiber artists, 9:30 am-1 pm
Greeneville. 60th Greene County Fair 8/10-8/15 www.greenecountyfair.com
- 12.** IBM PC Day, Youth Day, Sewing Machine Day, Vinyl Record Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am, 2's Time*10 am
Greeneville. 60th Greene County Fair 8/10-8/15 www.greenecountyfair.com
- 13.** Left Handers Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am, Friends of the Library 5:30 pm
Greeneville. 60th Greene County Fair 8/10-8/15 www.greenecountyfair.com
- 14.** V-J Day, Kool-Aid Day, Navajo Code Talkers Day
Greeneville. 60th Greene County Fair 8/10-8/15 www.greenecountyfair.com
- 15.** Best Friends Day, Relaxation Day, Homeless Animals Day, Sandcastle & Sculpture Day
JCPL TEEN VolunTeen Orientation 11 am
Greeneville. 60th Greene County Fair 8/10-8/15 www.greenecountyfair.com
- 16.** Joe Miller's Joke Day
Sycamore Shoals. Shape Note Singing with Don Wiley, 3 p.m. - 5 p.m.
- 17.** Meaning of "Is" Day, Thrift Shop Day
- 18.** Bad Poetry Day, Cupcake Day, Mail Order Catalog Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am, Chess with Ralph Roller (K -5th) 10am-noon, 2's Time*10 am, Preschool Pals*11 am
- 19.** Aviation Day, "Black Cow" Root Beer Float Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am
Hands On! Jiggle Robot workshop* Create your own motorized robot Ages 8+, 9:30-11:00am Cost \$8
Bays Mt. Canoe/Kayak Tour 6- 9p.m. Call (423)229-9447 for more info & registration.
- 20.** Pony Express Day, Virtual World's Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am
Kingsport, Golden Coral, Counting Calories and Portion Sizes 11:30am 952-3700 to Register
- 21.** Men's Grooming Day, Poet's Day, Senior Citizen's Day, Daffodil Day
- 22.** Hug Your Boss Day, Southern Hemisphere Hoodie Hoo Day, Be An Angel Day
Sycamore Shoals. Step-By-Step Oil Paint 9 am - 4:30 pm, Cost: \$50 (includes supplies)
Bays Mt. Sleeping with Wolves Experience a night with the wolves Starts at 4:30 p.m. limited to Park members ages 12+. \$35.00 per person. Call (423)229-9447 for more info & registration.

- 23.** Valentino Day
- 24.** Waffle Day, Vesuvius Day
Gray. Appalachian Fair 8/24-8/29. www.appalachianfair.com
- 25.** Kiss and Make Up Day, 2nd-hand Wardrobe Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am, 2's Time*10 am, Preschool Pals*11 am
Bays Mt. Crepuscular Compulsion join our naturalists for an interpretive hike around the lake to the beaver ponds, 8:00 - 9:00 p.m. meet at the dam at 7:45 p.m.
Gray. Appalachian Fair 8/24-8/29. www.appalachianfair.com
- 26.** Dog Day, Women's Equality Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am
Gray. Appalachian Fair 8/24-8/29. www.appalachianfair.com
- 27.** Global Forgiveness Day
JCPL Mother Goose Lapsit* (age 1) 9:30 am, Take a Trolley Ride through 1923 Johnson City 6:30 pm
Hands On! Jiggle Robot workshop2* Create your own motorized robot Ages 8+, 3:45-5:15 pm Cost \$8
Gray. Appalachian Fair 8/24-8/29. www.appalachianfair.com
- 28.** Race Your Mouse Around the Icons Day, Crackers Over The Keyboard Day
Gray. Appalachian Fair 8/24-8/29. www.appalachianfair.com
- 29.** According to Hoyle Day, More Herbs, Less Salt Day
Sycamore Shoals. Two Step Bluegrass and Country Band 7:00 pm Adults: \$7 Children: \$2
Gray. Appalachian Fair 8/24-8/29. www.appalachianfair.com
- 30.** Holistic Pet Day, Toasted Marshmallow Day
Hands On! - FREE DAY, 1-4 pm
Sycamore Shoals. Sunday Jam Carter Mansion, 2-5 pm
- 31.** Love Litigating Lawyers Day

Last month's HARD answer

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

*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447

Crypto clue: F=M

What? You don't have a WEBSITE????

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"My husband and I can't drive anymore and need to find information about transportation options so that we can stay independent..."

"My grandma is on a very limited income and cannot afford the new medicine that her doctor prescribed. She needs information about prescription assistance..."

"I am exhausted between work and caring for my mom. I need a little help..."

Where would you start if you were faced with one of these scenarios?

Answers to these and similar questions are as simple as the click of the mouse when you use SeniorNavigator.org, a free public service that connects seniors, caregivers, and adults with disabilities with local services available in the community. The website, www.seniornavigator.org, features nearly 22,000 programs and services that are consolidated into one easy access point. These resources address health and aging issues, financial concerns, legal questions, caregiving support, housing and assisted living facilities, and more. More than just an on-line telephone book listing, the site provides information such as: hours of operation, methods of payment, languages spoken, available transportation, eligibility requirements and more. Additionally, there are hundreds of up-to-date



articles and over 2,000 links to other aging support websites.

SeniorNavigator also offers an "Ask an Expert" feature on the website. Consumers

are invited to anonymously ask questions that are particularly challenging and for which they have not been able to find an answer. Questions like, "How do I tell my father that I don't think he should be driving anymore?" or "What do I do when my mother, who has Alzheimer's, wanders around the house in the middle of the night?" In response, SeniorNavigator sends the questions to one or more of 58 experts who volunteer for the organization and an answer will be delivered within several days.

For those of you who like to find information the good, old fashioned way, SeniorNavigator is not just on-line, it is in your community too. Across Virginia, hospitals, libraries, clinics, Area Agencies on Aging, schools, senior centers, even sheriff's offices and faith-based organizations have volunteered to serve as SeniorNavigator Centers. These Centers make it possible for all Virginians to locate free health and aging information. Specifically designed for individuals without a home computer or Internet access, all of the community-based Centers have trained staff who use the SeniorNavigator website to assist seniors and caregivers in obtaining information about support services.

SeniorNavigator is a non-profit organization designed to provide vital support to those struggling to find help with elder care in Virginia. For more information about local services or to find the SeniorNavigator Center nearest you, visit www.seniornavigator.org or call 804-525-7728, toll-free 1-866-393-0957. **FPT**

SUPER SUDOKU Answer from last month

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

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Cindy McPherson
Affiliate Broker, ABR

Family Crypto-Time-Last Month's Answer

"MAY THE SUN IN HIS COURSE VISIT NO LAND MORE FREE, MORE HAPPY, MORE LOVELY, THAN THIS OUR OWN COUNTRY!" -Daniel Webster

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Cipher: XCLSYITZOGVDPDKBRMUHFAJNQW

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By: Family Pastime Staff



Make Your Own Kite



A kite consists of these basic parts:
The Spine. The up-and-down, or vertical stick that you build your kite around.
The Spar. The support stick(s), which are placed crossways or at a slant over the spine. Sometimes they are curved or bowed.
The Frame. The joined spine and spars, usually with a string connecting their ends, that forms the

shape of the kite to make a support for the cover.
The Cover. The paper, plastic, or cloth, that covers the frame to make a kite.
The Bridle. One or more strings attached to the spine or spars, which help control the kite in the air.
The Flying Line. The string running from the kites' bridle, where you hold to fly the kite.
The Tail. A long strip of paper or plastic of ribbon that helps to balance the kite in flight. Not all kites need tails.
The Reel. The object you use to wind your flying line, to keep it from getting tangled or flying away.

DIAMOND KITE

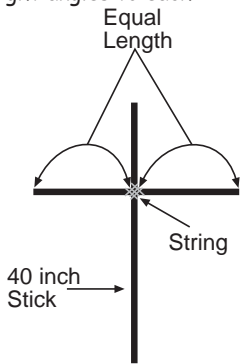
Supplies:

- Sturdy string
- Scotch tape or glue
- 1 sheet of strong paper (40"x 40")
- 2 strong, straight wooden sticks of bamboo or wooden doweling 35.5 inches and 40 inches
- Markers, paint or crayons to decorate you kite.

How To:

1. Make a cross with the two sticks, with the shorter stick placed horizontally across the longer stick. Make sure center the cross piece.
2. Tie the two sticks together with the string so that they are at right angles to each other. You may wish to put a little glue on the joint for strength.

3. Cut a notch at each end of both sticks. Make it deep enough for the type of string you are using to fit into it. Cut a piece of string long enough to stretch all around the kite frame.

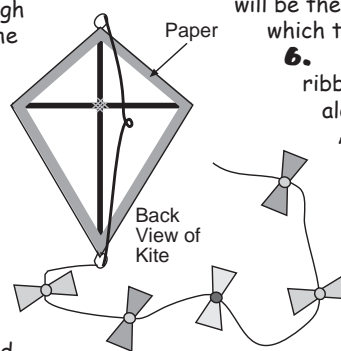
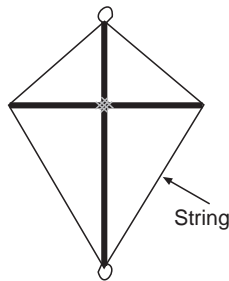


Make a loop in the top notch and fasten it by wrapping the string around the stick. Stretch the string through the notch at one end of the cross-piece, and make another loop at

the bottom. Stretch the string through the notch at one end of the loop at the bottom. Stretch the string through the notch at the other end of the cross-piece. Finish by wrapping the string a few times around the top of the stick and cutting off what you don't need. This string frame must be taut, but not so tight that it warps the sticks.

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

5. Cut a piece of string about 48 inches long and tie one end to the loop at the top and the other end of the string to the loop at the bottom. Tie another small loop in the string just above the intersection of the two cross pieces. This



will be the kite's bridle, the string to which the flying line is attached.

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

Last Month's Medium answer

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

SUDOKU EASY

Instructions: On page 2

Easy Answer From last month

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

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

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THERE'S NO PLACE LIKE HOME SCHOOL

Homeschooling...Can I Do It?

Where did the summer go? Can you believe the new school year starting so early this year?

Some concerns of families interested in homeschooling include: Is it legal? Yes! Do children learn? Phenomenally well! Statistics indicate homeschoolers have a strong pattern of self learning, are self directed and have adopted a lifestyle of learning. Homeschoolers often out-perform public school students on the SAT/ACT and fill our colleges and universities with self motivated students eager to learn. Home education is working!

Once the decision is made to educate at home, the fear of "how can I possibly teach them everything they need to know" looms large for most families. Relax, educating a child is not like filling a bucket, there are going to be a few holes in the bucket with every child, no matter where they are educated! Accept that and you have mastered the single largest fear of homeschooling parents. You CAN homeschool if you have a passion for your children, do a little research and make that commitment to begin.

HSLDA is the political workhouse of the homeschool movement working on laws to benefit homeschoolers. Their website, www.hsllda.org, is chock full of information, statistics and information on how to begin. The folks at HSLDA are the watchdogs of homeschooling in America and track all of the legalities. You can click on your state to find out the particulars. HSLDA is only a phone call away for additional information on the facts in your state. We have chosen "Option #3 - to operate as a satellite campus of a church-related school." HomeLife Academy is an online "umbrella school" which handles school records, grades, and transcripts at www.homelifeacademy.com.

Two Tennessee groups worth checking out are www.tnhomeed.com and www.nethea.com which both have invaluable information for homeschoolers in our state.

There are several organizations that will help you get started in the Tri-Cities area.

- 1. It is wise to belong to an "umbrella school" (like HomeLife Academy) which will keep your records, grades, transcripts and keep you on track.

- 2. The fellowship of belonging to a support group which plans activities, field trips, offers socialization, support and encouragement to both parents and children can be invaluable. Some do yearbooks, and formal dances and offer many of the "not miss" events we wonder if our children will ever live without! The Tri-Cities area is bursting with homeschool support groups, activities, 4-H groups, clubs, classes, and more, all of which can be viewed at www.tricityshomeschool.org, a goldmine of local information that will provide your children with an incredibly rich home education experience. Check out the page full of support groups, for activities, field trips, socialization, support and encouragement to both parents and children.

- 3. Co-ops abound! Co-ops are where children can take classes such as biology, writing, Latin, geography, web design, algebra, dance, etc. Co-ops are a terrific opportunity to let your children experience a group setting in a few subjects and a chance to vary their education in unusual ways.

- 4. The Tri-Cities Midwinter Homeschool Convention is a real live convention right in the Tri-Cities, with a curriculum hall and national speakers! When we first moved here, there wasn't a convention, so we created one, and it is growing every year! 2010 promises to be our best one ever www.midwinterconvention.com

- 5. Join the Tri-Cities Homeschool Yahoo E-Group at TChomeschool-subscribe@yahoo.com which will give you a daily dose of encouragement, keeping you informed of all of the activities going on in the Tri-Cities.

- 6. Subscribe to The Old Schoolhouse Magazine, the biggest and best homeschool magazine (that is actually published right here in your backyard!) Each issue of TOS is like a homeschool convention in a magazine! www.thehomeschoolmagazine.com TOS has tons of incredible links, articles and curriculum reviews on their website as well.

Finally, there are many fine books that will help you begin to teach your children at home. A few to start you out are:

- 100 Top Picks for Homeschool Curriculum, by Cathy Duffy
- Educating the WholeHearted Child by Clay and Sally Clarkson.
- You Can Teach Your Child Successfully, by Dr. Ruth Beechick

Be encouraged, homeschooling is a grand adventure and you can do this! Let the family adventure of your lives begin! **FPT**

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. Find out more about Lisa at her website (www.ThePrudentWife.com) How-To Videos & a Free Newsletter full of tips! Save Money, Time and Sanity!

FPT

SUDO-KID-U 02
answers from last month

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

SUPER SUDOKU Instructions: On page 2

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



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You're sitting in your favorite spot on the couch with your pet by your side. Then all of the sudden, you

feel an itching sensation around your ankles. You scratch a few times, but this irritating feeling just persists. You look down and see little dark dots just bouncing around. Guess what? Your precious pet has brought a present into your home – fleas! But wait a minute; you are diligent about treating your family pet for fleas. After all, you struggle with your pet baths, flea collars and topical flea treatments. What is the deal with all these hopping pesky critters nipping at your ankles?

Unless your pet resides strictly indoors, chances are she has brought those fleas inside from the outside! Your first course of action is to treat your yard with insecticide to kill any fleas and larvae. However, that outside treatment alone is not going to eradicate fleas inside your home. See, what happens is that these adult fleas drop off your pet and burrow into the carpet. The same goes for any flea eggs, pupae or larvae. These critters will lie in your carpet, seat cushions, slipcovers and bedding until such time that their eggs hatch and are ready to hop onto some unsuspecting victim. You must not only treat for the adult fleas on your pet but also get those eggs as well before they hatch.

The first step and perhaps the most important in fighting these fleas is your vacuum cleaner. Consistent vacuuming is a great way to get rid of a lot of the adult fleas as well as the eggs, pupae and larvae in your carpet, bedding and

Fighting Fleas Indoors

really, anything else that can be vacuumed. Be sure to vacuum the areas where your pet sleeps and lounges the most. Also be sure to get into the cracks and crevices of the floorboards and corners of rooms. The key to a successful vacuum session is making sure to replace your vacuum cleaner bag regularly so that those eggs don't hatch and escape to other parts of your home. By sealing your vacuum cleaner bag inside of a plastic bag, you can ensure that those fleas will not escape.



The next step in eradicating the fleas from your home is the use of flea insecticides. These chemical treatments can be in the form of powders, sprays and foggers. In some instances, depending on the flea infestation, you

might have to use a combination of products to get the desired effect you want. In regards to powders, this would be a treatment that you shake and work into your carpet. By allowing the powder to settle into the carpet fibers, it can penetrate down into the matting below. This speeds up any flea eggs into hatching, where you can then vacuum up the little critters, thus ridding yourself of even more fleas.

With sprays, flea control

is short term. Flea spray really just kills the adult fleas and does not affect the eggs, pupae or larvae. Foggers can be messy and a trial to work with. You have to vacate your home for several hours or even up to overnight, depending on the amount of treatment you have to conduct. Some foggers leave a residue on the surfaces in your home. You have to take special care and put away any food products and relocate your fish tank or bird cages.

Be sure to get every single area in your home that your pet visits. Some pets love the closet and will sleep in there. Others like the garage or laundry rooms. You also cannot forget the pet carriers and any vehicles in which your pet may have ridden. All of these areas will need to be treated for fleas.

It is important to note that successful flea eradication stems from a combination of several treatments. Vacuuming should always be the first step in the treatment process. Then the sprays, foggers and powders are the next step. After the application of these chemical treatments, you should vacuum again. This treatment cycle rarely works the first time. You may have to complete the cycle two or more times before most of the fleas are gone. You know when you've been successful because you will be able to sit with your pet on the couch without being nibbled on by fleas! **FPT**

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A. It's too hard to put them on the bottom!

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FATHER KNOWS BEST

By Chris Joker

If you are one of my children and you are reading this STOP! Seriously, since I know you are not going to stop let me just say one job of a parent is to help his children learn and grow into intelligent well-rounded adult members of society. If you are one of my parents reading this, didn't you know that??? I am explaining this because I know that my children are still reading and I want them to understand that one should learn from one's mistakes or even better learn from someone else's mistakes. Having said that if you are one of my children and you are still reading this (and I know you are), learn from my mistake.

When I was a teenager I went through a long period of sleepless summer nights. It was during watermelon season. I could sleep fine other times of the year but as soon as that green bomb-shaped antagonist with its blood red fleshy fruit began showing up in grocery stores, road-side stands and on the rare occasion in my very home (I think my dad brought them home just to mess with me) sleep was the farthest thing from my mind. Surely you have heard of this problem before, I think Dr. Phil did a whole hour on it once. I don't know the technical name but I refer to as "largemadwatermeloneatingmanaphobia"

It was the summer after my junior year, Independence Day weekend. We were at the river. Me, my brother Pete, my buddy Jon and his younger brother Sam (to this day I blame Sam. It wasn't his fault but being the youngest, he gets to take the blame). Also attending this family Independence Day extravaganza were: My Dad and his girlfriend (she is now his wife, he told her if she could make it through a 4th of July weekend with us he would marry her. Since then she has many times had second thoughts about meeting that challenge) and my dad's friends Ed and Glenda and their daughter Kelly.

Ed was probably the biggest man I have ever met. I remember once Ed rode his motorcycle over to our house and it began to rain and since he didn't want the bike to get wet he picked it up, put it under his arm and carried it into our basement. This is the kind of man you DO NOT want to make mad (I know that NOW). Ed brought a watermelon to the river for us to enjoy during our festivities. Actually, I NOW know Ed brought the watermelon specifically for his daughter Kelly (she was probably 3). Ed loved his daughter and his daughter loved watermelon.

Teenagers do not always use the best judgment (unless, of course they learn from other's mistakes—you know who you are). Sam decided (not really but again he was the youngest so..)



Largemadwatermeloneatingmanaphobia

it would be a good idea to spike the watermelon with vodka. My Dad is an engineer so he always taught us how to think things out, consider options and come up with the best way to do something. So we had a watermelon, a quart of vodka (it was actually my DAD'S quart of Vodka that he left sitting on the counter) and one of those air pumps you use to inflate rubber rafts. Sam came up with the idea of using the pump (maybe his dad minored in engineering). So we cut a small hole in the side of the watermelon, central to our plan was to cut the hole so carefully that we could replace the piece we cut out so that even the most judicious watermelon inspector would not be able to detect that it had been tampered with. We then filled the pump with vodka and proceeded to "inject" it into the watermelon (That Sam is nothing if not resourceful). After the bottle was empty we carefully put the piece we had removed back to plug the hole. Success! No one would ever be able to detect the hole and thus we would not be caught. Brilliant. We were absolutely brilliant. We retired to the front porch to continue discussing just exactly how brilliant we were. Shortly Ed (you remember Ed, the guy who lifts motorcycles like they are toys?) decided it might

be a good idea to cool the watermelon in the river water before we enjoyed its delicious crimson bounty. I don't know if you are aware of this but a pristine, virgin melon is airtight. A plugged watermelon, on the other hand, is not.

Approximately 30 seconds after the watermelon was cooling in the river water we watched with horror as it rose some 40 feet in the air only to come smashing down shattering on the pier as we heard (to this day I sometimes awake in the middle of the night with this still in my head) Ed's booming voice exclaiming "Way to go guys". Ed was NOT happy. Immediately four "brilliant" teenage boys left the cottage like

caffeine on speed. Our cottage was not exactly in a metropolitan area (the local movie theater was advertising how they would have "talky" movies next week) so there were no supermarkets only roadside stands and Mom & Pop's. This being July 4th weekend they were not only closed but every melon in the county was already spoken for. Somehow, and I really am not at liberty to say how (I promised Sam) 3 hours later we returned to the cottage with not one but two pristine, airtight watermelons. These replacement watermelons were never eaten, Ed let them sit on the porch all weekend to taunt us. We decided it would be best to just avoid Ed the rest of the weekend. So you can see why watermelons make me a tad nervous.

Ed passed away several years ago. He was a good man and although I am still in therapy and avoid the produce section during the summer months I am happy to say because of four foolish teenage boys he will enjoy a bit of immortality. Enjoy the rest of your summer but please, for the love of Sam, never mess with another man's watermelon and if you see a grown man laying in the fetal position on the floor of the produce section don't walk up behind him and say "Way to go guys!". **FPT**



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- 2 pkg Crescent rolls
- 1 LBS sliced bacon, diced
- 2 LBS ground beef
- 1 small onion, chopped
- 1-1/2 tsp salt
- 1/2 tsp pepper
- 1 LBS process cheese (Velveeta), cubed
- 3 to 4 TBS butter, melted
- Ketchup or barbecue sauce, optional

HOW TO:

1. In a large skillet, cook bacon over medium heat until crisp.
2. Using a slotted spoon, remove to paper towels.
3. In a Stock pot, cook beef, onion, salt and pepper over medium heat until meat is no longer pink; drain. Add bacon and cheese; cook and stir until cheese is melted.
4. Remove from the heat.
5. Spread out crescent rolls
6. Slice in half
7. Spoon meat mixture in the center of each triangle.
8. Bring corners together in center, pinch to seal.
9. Place 2 in. apart on greased baking sheets. Bake rolls according to directions on package.

Pizza Spaghetti

SUPPLIES:

- 1/2 LBS lean ground beef
- 1/2 LBS Italian turkey sausage links, casings removed, crumbled
- 1/2 C chopped sweet onion
- 4 cans (8 oz each) no-salt-added tomato sauce
- 3 oz sliced turkey pepperoni
- 1 TBS sugar
- 2 tsp minced fresh parsley or 1/2 tsp dried parsley flakes
- 2 tsp minced fresh basil or 1/2 tsp dried basil
- 9 oz uncooked whole wheat spaghetti
- 3 TBS grated Parmesan cheese

HOW TO:

1. In a large nonstick skillet over medium heat, cook the beef, sausage and onion until meat is no longer pink
2. Drain.
3. Stir in the tomato sauce, pepperoni, sugar, parsley and basil.
4. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until thickened.
5. Meanwhile, cook spaghetti according to package directions.
6. Drain spaghetti; toss with sauce. Sprinkle with Parmesan cheese

Q: What does every happy birthday end with?
A: The letter Y

Kid Friendly Recipes



Extra Protein Macaroni and Cheese

SUPPLIES:

1. 10 to 12 oz elbow macaroni (or other short pasta shapes)
2. 12.3-oz package silken tofu (Protein)
3. 2 TBS Butter
4. 1- 1/2 C firmly packed grated cheddar cheese
5. Salt to taste

HOW TO:

6. Cook pasta as per package.
7. Drain pasta
8. Puree tofu until perfectly smooth in a food processor or blender.
9. Transfer to a medium sauce pan and add butter and cheese.
10. Slowly bring to a gentle simmer, stirring often, then cook over low heat until the cheese is thoroughly melted.
11. Combine the cooked macaroni and sauce in a serving container and stir together.
12. Season with salt to taste and serve at once.

VARIATION: Bake in a casserole dish at 400 for 20 to 30 minutes, or until the top is golden and crusty.

Fried Rice

SUPPLIES:

- 2 eggs, beaten
- 1 bunch scallions, roughly chopped
- 1 C leftover pork, chicken, or beef, diced
- 1 C frozen peas and carrots, thawed (plus any leftover vegetables you have on hand)
- 4 C cold cooked white or brown rice
- 4 TBS soy sauce
- Salt and pepper to taste

HOW TO:

1. In a large skillet or wok, heat 1 TBS of oil over medium-high heat.
2. Add eggs and scallions. Cook, breaking up the eggs with a spoon until they are lightly browned.
3. Stir in the meat, vegetables, rice, and the remaining oil. Increase heat slightly and cook until the rice is crispy, about 5 minutes.
4. In a small bowl, combine the soy sauce with 4 TBS water.
5. Pour the mixture over the rice.
6. Continue cooking, stirring occasionally, until rice has absorbed all the liquid, 3 to 5 minutes.
7. Season with the salt and pepper and serve, with extra soy sauce on the side.

Garbage Fries

SUPPLIES:

- 1 LBS frozen shoestring potatoes
- 4 strips turkey bacon
- 1/4 C plain reduced-fat yogurt
- 3 TBS reduced-fat mayonnaise
- 1 tsp malt vinegar or cider vinegar
- Fine salt and freshly ground pepper
- 3 oz cheddar cheese, shredded (3/4 C)
- 1 TBS minced fresh chives

HOW TO:

1. Arrange the oven rack in the upper third of the oven and preheat to 475.
2. Line a shallow baking sheet with foil. Spread the fries out on the foil and bake about 15 minutes, until nicely golden and crisp.
3. While the fries are baking, microwave the bacon according to package directions until crisp.
4. Coarsely chop bacon.
5. Combine yogurt, mayonnaise and vinegar in a small bowl, stirring until blended and then season with salt and pepper to taste.
6. Remove fries from the oven loosen foil with spatula.
7. Sprinkle half the bacon and cheddar cheese on top.
8. Flip half of the fries over on top of the other half.
9. Sprinkle remaining cheese and bacon on top
10. Bake for 2 to 3 minutes to melt the cheese.
11. Transfer fries to a serving platter. Drizzle the yogurt mixture on top (or serve alongside), sprinkle with chives and serve immediately

Earp's Fried Pickles

SUPPLIES:

- 1 C all-purpose flour
- 1/4 C cornstarch
- 1 tsp baking powder
- 1/4 tsp salt
- 1 C ice water
- 1 egg yolk
- 2 TBS dill pickle juice
- 4 C drained dill pickle slices or equivalent amount of medium to large pickles, sliced 1/4-inch thick
- Vegetable oil for frying
- Large bowl
- Wire whisk
- Deep fryer or large saucepan
- Paper towels

HOW TO:

1. In large bowl, combine flour, cornstarch, baking powder, and salt.
2. Make a well in the center
3. Add water, egg yolk, and pickle juice.
4. Stir mixture with wire whisk to make a smooth batter
5. Cover the bowl and refrigerate for 30 minutes.
6. In a deep fryer or large saucepan, heat at least 2 inches of oil to 375°
7. In batches, dip pickle slices in the batter, lightly and evenly coating them.
8. Without crowding, place slices in hot oil.
9. Fry until golden and crisp, 1-1/2 to 2 minutes.
10. Drain on paper towels and serve immediately



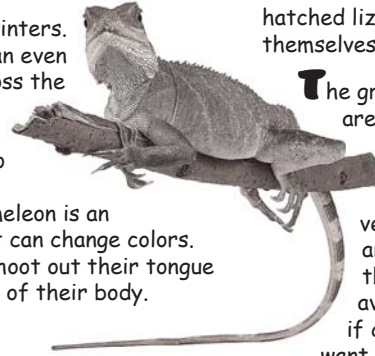
LIZARDS



Lizards belong to the group of animals known as reptiles. Other reptiles include snakes and turtles. Lizards can be found on all continents (A continent is one of several large landmasses on Earth, seven are commonly regarded as continents). Most lizards usually have scaly skin, which does not grow with their bodies. A lizard will shed or molt their old skin in large flakes to make way for the new skin. They have a short neck, moderate body, four limbs of equal size ending in 5 toes each and a long back. They have external ears and moveable eyeballs. Many can shed their tails in order to escape predators; there is a weak spot just for that purpose and in time the tail will grow back. It doesn't look the same, but it is better than being someone else's dinner.

Almost all lizards are carnivorous; insects are their primary prey. They are good climbers and

fast sprinters. Some can even run across the surface of water to



hatched lizards are able to take care of themselves right away.

The great majority of lizards you will see are harmless, but should still be left alone. Almost none are dangerous. If you want to get rid of a lizard, please do not kill it. Lizards are very beneficial to the environment and are more afraid of you than you are of them. A lizard will always try to avoid you and your pets, they will bite if cornered and threatened. If you want to remove a lizard place a towel over it and gently scoop it up, carry it to its new destination and let it go. You could also put a bucket over the lizard, slide a flat cookie sheet underneath and gently turn over the bucket and keep the cookie sheet as a lid and carry it to its new home and let it go. **FPT**

escape. Many lizards change color. The Chameleon is an example of a lizard that can change colors. Some Chameleons can shoot out their tongue further than the length of their body.

Lizards have an acute sense of smell they gather scents by flicking out their tongues then retracting it to deliver the captured odor to the roof of the mouth. Lizards hear well, but few are capable of making sounds. The exception is a gecko - they communicate through a variety of barks, chirps and whistles. The dwarf gecko is so small it can fit on the tip of your finger. Most lizards rely on body language, using specific postures, gestures and movements to define territory, resolve disputes and entice mates.

Most lizards live on the ground, but others can be found in trees, burrows or in water. Most female lizards lay soft, leathery eggs - they do not stay around to protect them or keep them warm. Fortunately the newly

Tennessee Is Home To Nine Species Of Lizards:

1. Broad-headed Skink
2. Coal Skink
3. Common Five-lined Skink
4. Eastern Six-lined Racerunner
5. Eastern Slender Glass Lizard
6. Little Brown Skink
7. Northern Fence Lizard
8. Northern Green Anole
9. Southeastern Five-lined Skink



Say WHAT???

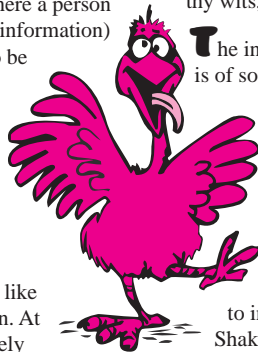
By: Family Pastime Staff

"...A Wild Goose Chase."

followed by another; Shakespeare used it in this sense. This Saying appears to have first appeared in 1592 by William Shakespeare in Romeo and Juliet:

"Nay, if our wits run the Wild-Goose chase, I am done: For thou hast more of the Wild-Goose in one of thy wits, then I am sure I have in my whole five."

The insinuation in our present understanding of this is of something that is probably futile, that is to say as difficult to catch as a wild goose. Shakespeare may well not have meant what we currently understand by the term though. The earlier meaning related to a horse race, in which horses followed a lead horse at a set distance - like geese flying in formation. So, a 'wild goose chase' was a chase that mimicked wild geese. The horse connection was referred to in another early citation, just ten years after Shakespeare - Nicholas Breton's The Mother's Blessing, 1602:



"Esteeme a horse, according to his pace, But loose no wagers

on a wilde goose chase."

The 1978 film 'The Wild Geese' alluded to the phrase in its title. The plot of the film involved a group of mercenaries embarking on a near-impossible mission. But later the common term's origins were forgotten and a 'wild-geese chase' came to mean 'a pursuit of anything as unlikely to be caught as a wild goose,' any foolish, fruitless, or hopeless quest." **FPT**

SUDOKU Medium

Instructions on page 2

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Deodorant, Antiperspirant And The Environment

By: Michael Bloch

The use of mainstream commercial deodorants and antiperspirants can be a really divisive topic; but certainly an issue worth considering if you're looking to lessen your environmental impact.

As someone who spent years utilizing public transport and at times having lived and worked in conditions where showering was a luxury; I tend to be a little pragmatic when it comes to the issue. I certainly don't smell of crushed rose petals after a few hours of manual labor!

What is sweat?

Sweat has three purposes - to help cool the body, expel waste and some believe that in males, components of sweat (pheromones) can act as an attractant to females.

There's two types of glands involved with perspiration. Eccrine glands excrete only water and salt - nothing too offensive there. But the apocrine glands carry the sweat along with other secretions to the surface of your skin. Diet can effect what types of secretions are generated (think garlic) and whether the smell is offensive. Additionally, bacteria can react with sweat and create an even more noxious odor.

Deodorant and antiperspirant - the difference

There is a difference between the two, although many products combine the features, which just means additional ingredients. Antiperspirants reduce or eliminate sweating while deodorants mask or mitigate odors generated when we sweat.

Chemical cocktails

Most commercial antiperspirants contain aluminum in some form - it's the active ingredient to help reduce sweating. This aluminum has been demonstrated to cause DNA mutation, which is a precursor required for cancer; although whether antiperspirants can directly cause cancer is hotly debated. Aluminum can also present issues for people with impaired kidney function.

In regards to deodorants, triclosan is often used as an



ingredient. Triclosan is a powerful anti-bacterial agent that cannot be filtered out during waste water treatment and of course, that's where most of it ends up. It's one of the most frequently found chemicals found in USA waterways. As triclosan is toxic to algae, it can be a threat in waterways in terms of reducing food sources for creatures dependent on algae.

These are just two components of antiperspirants and deodorants that are cause for concern. If you take a look at the ingredients label of your own deodorant, it will probably read like a laboratory shopping list.

While not all of these ingredients will be toxic to the environment as such; they all have to be created which can often be an energy and resource intensive process. Many of them will also be petrochemicals; having their roots in crude oil. Then there's the packaging and transport to consider.

All things considered, yes, deodorants and antiperspirants do have quite an environmental impact.

So what to do?

Natural deodorants and antiperspirants

To avoid the environmentally damaging chemical cocktail, some people swear by baking soda. There are now also commercial products available that utilize natural mineral salts and essential oils - taking a less is more approach. The mineral salts form an inhospitable environment to bacteria that cause odor.

I can't say I've tried any of these products and reading various reviews around the web shows mixed results. Still, it's an option worth trying. To find these products, try a search on your favorite search engine using the term: natural deodorant.

Before purchasing any of these products, be sure to check the ingredients lists as "natural" can sometimes be a misleading term and is subject to greenwashing practices. Don't just look at the ingredients, also the packaging. For example, while plastic packaging is hard to avoid, can the container be recycled?

Going without

For some people, they may need nothing at all aside

from normal hygiene practices; i.e. bathing regularly with soap and drying off well (moisture encourages bacterial growth).

For those lucky few, it's more a case of marketing convincing them they need to use something. In fact, some of the chemical cocktails can create an odor problem; leading these people to believe they actually need a deodorant.

The only way you'll find out if you are one of these folks is try going without - but don't judge by your own nose if ; ask someone you trust. For obvious reasons, it would probably be best to carry out this experiment when you're not going to be in contact with others who are not part of the "sniff" trial. You may also need to give this experiment a few days for your body to adjust to no longer being assaulted with heavy duty chemicals.

Harm minimization

For many of us who can't/won't go without mainstream commercial antiperspirants and deodorants, there are a few harm minimization strategies we can implement.

Frequency - do you really need to use deodorants every day? For example, if you're not going to be out and about one day, perhaps this can be a deodorant free day. Even if you can reduce use by one day a week, that's close to a 15% overall reduction.

Overkill - some people use deodorants multiple times a day and don't really need to. Try to spray/roll/splash only once a day if possible and just a quick spritz rather than bathing in the stuff. Remember that our sense of smell will become dulled to the fragrance if we use it all the time, leading us to think we need more.

Chemicals - compare between brands and research those mysterious ingredients. Go for the lesser of the evils and definitely try to avoid products with triclosan.

Packaging - avoid pressure pack spray cans as these contain propellants which are likely petrochemical based. They also increase the bulk of the packaging. Pump sprays and sticks are a better way to go, especially if these are in packaging that can be recycled

As with many aspects of going green, these harm minimization strategies not only reduce environmental impact, but can also save you money too! **FPT**

Courtesy of Green Living Tips.com

A Playful Recipe Could Turn Into Real "Dough"



(NAPS)—The maker of a well-known toy has cooked up an entertaining contest for both children and parents. By creating a playful PLAY-DOH compound "recipe" with their child, parents

could win a makeover for both their child's playroom and school.

Starting August 1, parents can visit www.ReadyGoPlayDoh.com and upload a photo of their child's best food-inspired PLAY-DOH creation along with the "recipe" to make it.

The big winner of "The Ready, Go PLAY-DOH \$10,000 Creation Contest" will win a \$5,000 playroom makeover plus a \$5,000 donation to their child's school.

Once the entry period closes on September 30th, 10 finalists will be chosen and posted on ReadyGo

PlayDoh.com on October 15, so the public can vote for the big winner.

There are also 61 daily PLAY-DOH prize packs up for grabs on the Web site plus downloadable "recipes" for fun with step-by-step instructions for colorful PLAY-DOH creations. To learn more, visit www.ReadyGoPlayDoh.com. **FPT**

**"Doctor, I get heartburn every time I eat birthday cake."
"Next time don't eat the candles."**



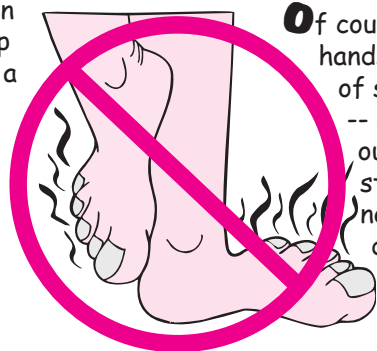
Stinky FEET

By: I.M. Yuckee

Everybody is familiar with stinky feet and most people's sister or brother has stinky feet that can clear a room. And pretty much everybody can do a decent job stinking up a pair of shoes by running a few miles in them. What's up with that? Why do your feet have a stronger odor than the rest of you does?

The main thing that feeds foot smell is sweat. With more than 250,000 sweat glands in each foot, your feet are among the sweatiest parts of your body. In one day, each foot can produce more than a pint of sweat! A pint. That's 16 ounces. A can of soda is only 12 ounces. Imagine a can of sweat—yuck. Actually sweat is just salt and water, so it doesn't really have a distinctive odor on its own. The smell is caused by bacteria on our skin that eats the sweat and excretes waste that has a strong odor. EWWW. It's perfectly normal to have bacteria on your skin,

and it doesn't ordinarily produce a noticeable smell, but sweat attracts bacteria and gives them a whole lot to feed on.



Of course we sweat all over -- our hands have a comparable number of sweat glands, for example -- and most of the rest of our body doesn't particularly stink (the armpits being a notable exception.) So what's different about our feet?

The answer is our socks and shoes. The sweat our feet excretes can't easily escape into the air like the sweat our hands excretes - with our feet it all collects on our skin and in our socks. The bacteria love this dark, damp feast and have a sort of feeding frenzy. When you take off your shoes, the smell that hits you is all the bacteria excretion that's collected on your feet and in your socks and shoes.

The main reason some people's feet (or more precisely, some people's socks and shoes) smell worse than other

people's is that some people sweat more than other people. This is just one of the many variable physiological qualities of human beings. This is also why sometimes your feet smell much worse than at other times -- it all has to do with how much you sweat.

So, since foot odor is caused by bacteria digesting sweat, there are two main ways to reduce the stink. You can:

- Decrease the amount of bacteria on your feet
- Decrease the amount of sweat that collects on your feet and in your shoes
- Reducing the level of bacteria is really a matter of cleanliness. To control the bacteria population on you feet, you should:
- Wash your feet with strong anti-bacterial soap
- Wear clean socks
- Don't wear the same shoes everyday - give a pair of shoes 24 hours or more to air out before wearing them again
- To reduce the amount of sweat that collects in your shoes, you should:
- Wear well-ventilated shoes instead of very constrictive shoes, such as boots
- Always wear socks, preferably made of cotton or other absorbent materials that absorb a lot of the sweat so the bacteria can't feed on it
- Change your socks a few times a day
- Buy some absorbent Odor-Eater type shoe inserts
- Apply an antiperspirant to your feet

If your foot odor is really bad and these solutions don't help much, then you should see a doctor. There are a number of prescription drugs that can treat serious foot odor, some by killing bacteria and some by reducing foot sweat. **FPT**

PARENTING Is "Read" A 4-Letter Word

(NAPSI) It's a fact: Most 4th graders are not proficient readers. Not surprising, since U.S. students spend only 18.4 percent of their time in school. So what are our children doing the other 81.6 percent of the time? Clearly not reading; perhaps watching TV, outdoor sports or playing with video games.

When children are read to they are more likely to become lifelong readers, but the sad truth is most parents don't have the time or energy after working all day. So what options do parents have? Checking out your local library for reading programs is a good first step. Or, if your child plays video games, there is another option.

Edutainment software has the right concept, but

compared to state-of-the-art video games, most fall flat. Edutainment software, for the most part, lacks the always changing and challenging features found in Xbox and Wii games.

Fortunately, a new game developed by former Xbox game designers and renowned learning scientists is now available. ItzaBitza is an interactive computer drawing game for early readers. Whatever children are asked to draw becomes part of the game.



ItzaBitza challenges children with problem solving, reading comprehension and creative thinking in a way that lets them succeed on their own. The free ItzaBitza demo download provides unlimited use of one playset adventure. If your child enjoys learning with ItzaBitza, four additional playsets are available. Games like ItzaBitza help children develop a lifelong love of reading. Learn more at ItzaBitza.com.

When children develop a love of reading at an early age, it greatly increases the chances of academic and other success. **FPT**

Q: When is a birthday cake like a golf ball?
A: When it's been sliced.

Across

1. Ride it to school.
5. Where the swingers are
6. What you will do to enter this answer
7. This subject "rocks"
9. Also used for hiking
10. Place to keep blank paper
12. What you bring your lunch in
13. The teacher writes here
14. You write and study here
17. The study of social issues
19. A test to make sure you know what to do if there is a fire.
22. That unknown item on the lunch menu
23. Stand up but sit down
25. With the right combination you gain entry
26. The third "r" of learning
29. Helps us cross the street
31. Big cheese at school
35. Sometimes y
37. Sounds at the end of class or school.
39. We gather here for special events
40. Sometimes these pop
41. What you do before a test if you forgot to study.
42. What you might get if you break the rules

Down

2. A big test
3. Number 2
4. Because you don't get enough work at school
5. Use this to figure all the angles
8. What you do before a test
9. A set of written, printed, or blank sheets bound together into a volume
11. Don't run with these
15. What you have for your school
16. Statement of your status
18. Kids in your classroom are all in your _____
19. Even though you do not always go to pasture this journey is called a _____ anyway.
20. This place has more stories than any other part of your school
21. Comes out once a year
24. Where you gather to learn
27. The wheels on this go round and round
28. Nets are used here
30. What parents sign from a teacher.
32. What you are doing right now
33. The type of pencil you need for a test.
34. Keeper of the books
36. What you and buy before returning to school
38. Learn about scales and notes here

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SUDO-KID-U 01 Last month's Answer

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2	1	4	3

SUDO-KID-U 1

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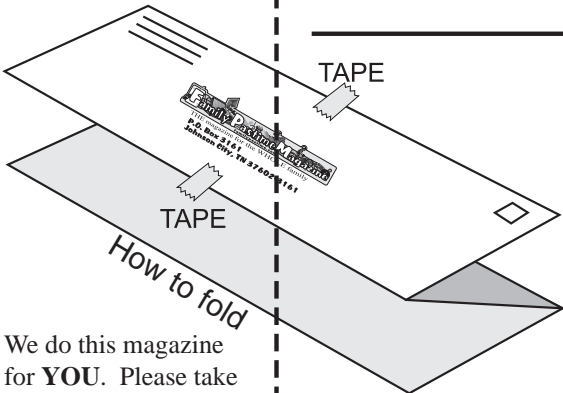
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We do this magazine for YOU. Please take a few minutes to fill out our survey and tell us how you think we are doing. You can fill it out online at: www.familypastime.com or cut it out here and mail it in. THANK YOU for your continued support.

Q: What does a clam do on his birthday?
A: He shellbrates!
Q: How can you tell that you're getting old?
A: You go to an antique auction and three people bid on you!
Q: What did the birthday balloon say to the pin?
A: "Hi, Buster."
Q: Why couldn't John go to Joey's birthday party?
A: The invitation said 4 to 6, and he was 7.

PLEASE Print Family Pastime Magazine Annual Survey

First name Last name
Address
Phone Email
Female Male AGE RANGE (please check one):
Under 12 13-18 19-25 26-29 30-39 40-49 50-59 60 or over

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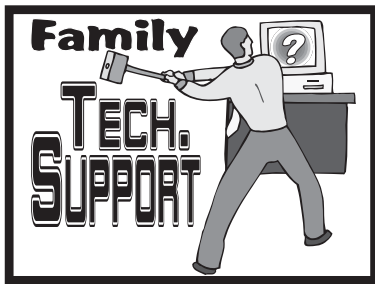
What I would like to see articles about:

Where I shop:
Clothes:
Toys:

Appliances:
Cars:
Restaurants:
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Groceries:
Bank:
I have visited the Family Pastime website (www.familypastime.com) Yes No

What I would like to see on the Family Pastime website:

Businesses that would benefit from advertising in Family Pastime Magazine:



FREE Word And PowerPoint!

By: Chris Joker

O.K.
It's not actually the

different thing about Open Office is that all the different documents open in the same window, except they have different menu bars. Except for Base, where the form and query designer has a separate interface in which you work with the actual database forms, in the same window that you use for the other applications.

Open Office Writer looks and acts very similar to Microsoft Word (more like that of Word 2003 rather than 2007 but this would be an issue because???) so if you know Word you will not have to worry about learning a new program and if you or your children do not know Word, you can learn on Writer and then if and when you have to use Word, you will already know it pretty well. I am writing this article with Writer right now. The other nice thing about Writer is it will open Word documents. So if someone sends you a file they created with Word,



you can still open it. You can also save documents as Word documents as well as other document formats such as PDF (Word won't even do that), HTML, text and others. Writer also includes all the nice extras such as spelling and grammar check, thesaurus, word count, Drawing functions, format brush and other things just like Word. There is also a button to send your document as an e-mail.

For your children besides the word processor they

will probably use Impress, which creates a slide show presentation like a PowerPoint presentation. Just like the word processor Impress will open PowerPoint presentations (created or exported from PowerPoint as 2003 or earlier) and save as a PowerPoint file, html and even Flash videos. It also includes templates to make getting started easier and the same type transitions as PowerPoint. Open Office's other programs work much the same way where you can open documents created in the Microsoft equivalent and save them as a Microsoft formatted file.

The program will work wonderfully for home and school use and in most cases will work fine for your office as well. **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

SUDOKU HARD

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SUDO-KID-U 2

Instructions: On page 2

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Family Crypto-Time

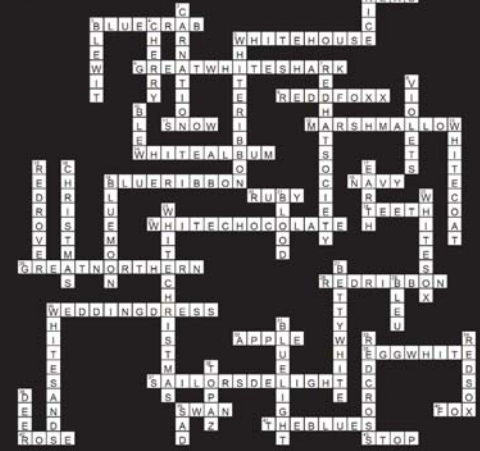
In the encrypted phrase below each letter represents another letter (such as Q is actually A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.



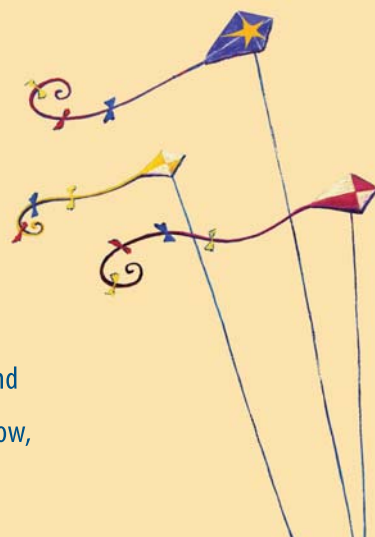
"**SAT BU UHIBVHPR S YSUT KN FBYM KDTI
FSHHTI. BN RKO MKY'H FBYM;
BH MKTU'Y'H FSHHTI.**" ~Jack Benny

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

Family Pastime Magazine Last Month's Answer



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