

**AUGUST 2010**

**FREE**



**THE magazine for the WHOLE family** Volume 6 Issue 1



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Editor: Chris Joker  
 Publisher: Family Media Group LLC  
 Graphic Design, Magazine layout and website maintenance:

RenderForge (www.renderforge.com)

Contributing writers:

Lisa Baughn, Donna Gaskell Gordon,  
 Georgia Teich, Michael Bloch, Hannah Keeley

Advertising Sales:

Chris Joker 423.676.4323

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 37602-3161

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**Family Pastime Magazine**  
 P.O. Box 3161 Johnson City, TN 37602-3161 or order online at www.familypastime.com

**AUGUST WEEKLY OBSERVANCES**

- Simplify Your Life Week: 1-7
- Clown Week: 1-7 (First full week)
- Fraud Awareness Week: 1-7
- Single Working Women's Week: 1-7
- Exhibitor Appreciation Week: 2-6
- Psychic Week: 2-6
- Rock for Life Week: 4-7
- Hobo Week: 6-9
- Assistance Dog Week: 8-14

- Feeding Pets of the Homeless Week: 8-14 (Always 2nd Week)
- Resurrect Romance Week: 8-14
- Elvis Week: 10-16
- Aviation Week: 15-21
- Weird Contest Week: 15-20
- Safe at Home Week: 23-27
- Be Kind To Humankind Week: 25-31
- Minority Enterprise Development Week: 29-9/4

**AUGUST MONTHLY OBSERVANCES**

- American Adventures Month
- American Indian Heritage Month
- American History Essay Contest (8/1 - 12/15)
- Audio Book Appreciation 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



**Family Crypto-Time-Last Month's Answer**

"A real patriot is the fellow who gets a parking ticket and rejoices that the system works." ~ Bill Vaughan

Plain: ABCDEFGHIJ KLMNOPQRSTU VWXYZ  
 Cipher: B C E F V A Y N D M S J U K G O P H W Q R Z I T X V

**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. **Answers in next month's issue.**

Last Month's Medium answer

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

SUDO-KID-U 1

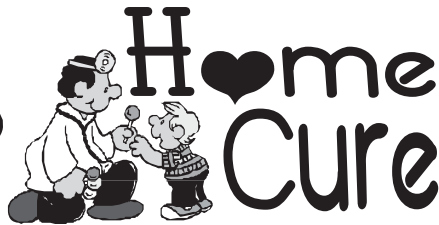
		4	
			3
1			
			2

SUDO-KID-U 01

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

Last month's Answers SUDO-KID-U 02

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



BEE STINGS

**N**o doubt about it bee stings are very painful. No matter the species of bee, the spot it stings will feel red and swollen. But all bees are not the same, and neither is their method of stinging.

**H**oneybees, which have a fuzzy, golden brown body, sting only once and then die. That's because their stingers remain embedded in your skin.

**W**asps and hornets can sting repeatedly because they have smooth stingers that can exit pierced skin easily. Wasps and hornets are shiny, and their thorax (middle section) is characteristically slim.

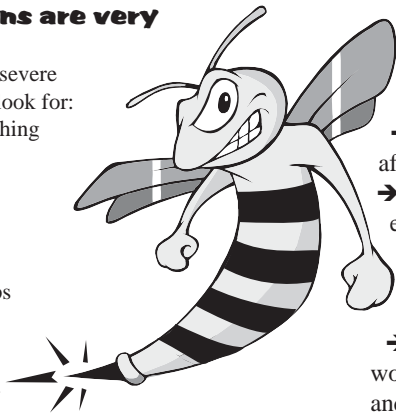
**Y**ellow jackets resemble wasps and can also sting repeatedly. Don't smash them, because when destroyed, their venom sac releases a chemical that incites other yellow jackets to attack.

**Severe reactions are very dangerous.**

These are some of the severe reaction symptoms to look for:

- Difficulty in Breathing
- Dizziness
- Anxiety
- Speedy Heartbeat
- Nausea, Cramps and Vomiting
- Abdominal Cramps
- Shock
- Headaches

If you experience any of these, seek medical attention. Otherwise, basically you have three things to do when you get a bee sting...



1. Extract the stinger (Scrape it out rather than pull it out. One of the best ways to remove a stinger and avoid any additional pain is to "scrape" it out of the skin with a credit card, a knife or a long fingernail)
2. Clean the wound
3. Find relief

**Try these to find relief:**

- Wash the area carefully with water and soap to heal the wound.
- You can use an ice pack to cover the wound to prevent any swelling and inflammation.
- You can make a paste of baking soda and water to be applied on the wound. Keep it

- for 15 to 20 minutes.
- Dabbing small amount of household ammonia on the wound can provide relief.
- Rubbing granulated sugar on the affected area can help you get rid of the scar.
- Apply a mixture of 1 tsp lavender essential oil and 1 TBS vegetable oil directly on wound except around the eyes.
- Place a raw onion on the wound to draw the poison from the wound.
- Apply the juice of jewelweed on the wound to get proper benefit to lessen itching and burning.
- Rub wet aspirin on the wound it will negate the burning and inflammatory sensations.
- A paste of vinegar, baking soda and meat tenderizer on the wound helps get relief.
- Dab apple cider vinegar as soon as you remove the stinger. It prevents swelling and spreading of poison.
- Thyme and rosemary mixed with vinegar are also very good to relieve pain.
- A plant called the plantain. (Plantago major (broad leaf) and Plantago lanceolata (long leafed or English plantain--a common "weed" found anywhere where soil has been disturbed. You'll recognize it growing in the cracks of your neighborhood sidewalks.
- Pick a few leaves of plantain from a

clean source. Try to gather it away from the side of the road. Also away from places where chemicals are sprayed. Chew the leaves up keeping the plant matter and saliva in the FRONT of your mouth. Spit it on your bee or wasp sting site.

- Hold it on the sting site for a few minutes until you feel relief. Repeat if necessary.
- Take an antihistamine. Benadryl or another nonprescription antihistamine will ease swelling and pain in adults. An antihistamine containing cough syrup such as Benylin works better for children.
- Apply toothpaste to the wound. It's been suggested that the glycerin found in most toothpastes dries out the venom concentrated under the sting area or the alkaline toothpaste neutralizes the acid in the bee's venom.

**T**o avoid bee stings, don't mess with bees. Also dress plain, not flashy. Bees are attracted to brightly colored clothing particularly floral prints and dark colors. Wearing white, khaki and other light colors is a good way to keep bees away. Don't smell sweet. The sweet smell of flowers isn't the only fragrance that attracts bees. Wearing perfume or aftershave may entice bees to come your way. Most experts agree that you should skip the refined scents if you know you're venturing into bee filled territory.

*"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*



## Introduction to Homeschooling – August 2010

Each year, I wonder, should we begin with an Intro to Homeschooling column? While returning books at the library a few days ago, we met a young mom who was getting Five in a Row books. I asked her if she was homeschooling and she said, “Yes, we are just about to begin.”

Excited, I asked her a few questions, which showed me just how valuable this introduction column can be to families just starting off on this wonderful journey, as well as families new to the area

Are you interested in homeschooling and wondering if you can do it? Is it legal? Yes! Do children learn? Phenomenally well! What do the statistics say? Homeschoolers have a strong pattern of self learning, are self directed children who have adopted a lifestyle of learning, out-performing public school students on the SAT/ACT and filling 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 schooled! 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 informative website, www.hslda.org is chock full of information, statistics and how to begin. The folks at HSLDA are the watchdogs of homeschooling in America and track all of the legalities, working tirelessly for homeschool friendly laws. 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.tricitiehomeschool.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! 2011 promises to be our best one ever www.midwinterconvention.com

5. Join the Tri-Cities Homeschool Yahoo E-Group at TChomeschool-subscribe@yahoogroups.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. e-mail your comments, suggestions or questions to: homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com).*

### 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.



KE TMYO KE QUIDI KDI QIEQE, QUIDI JHTT AI  
FDKPID NY EGUMMTÉ. ~Author Unknown

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

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**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](mailto:events@familypastime.com) or **Family Pastime EVENTS** P.O. Box 3161 Johnson City, TN 37602-3161

- 1.** Friendship Day, Girlfriend's Day, Respect For Parents, Rounds Resounding Day, US Air Force Day, World Wide Web Day, Sister's Day
- 2. HANDS ON!** Through August 15, Celebrate Inventors Month with wind tubes. Test your creativity, skill, and craftsmanship as you invent an aircraft to send flying into our wind tubes.
- 3.** Night Out, Watermelon Day
- 4.** Coast Guard Day, Chocolate Chip Day
- 5.** Underwear Day
- Winged Deer Park** Lakeside Concert Series 6pm-9pm Jazz The Ripper
- Bristol.** Bark in the Park Cumberland Square Park in Downtown. Registration begins at 6:00pm. 276-645-7370. Miracle Treat Day at Participating Dairy Queen Locations. Dairy Queen will donate \$1 or more from every Blizzard treat sold to the Children's Miracle Network Hospital in local communities. [www.miracletreatday.com](http://www.miracletreatday.com)
- 6.** Fresh Breath (Halitosis) Day, Braham Pie Day, Hiroshima Day
- HANDS ON!** 6-7 pm - FREE First Friday Touch-a-Truck
- Jonesborough.** Music on the Courthouse Square 7 pm
- 7.** Mustard Day, Lighthouse Day, Particularly Preposterous Packaging Day, Professional Speakers Day, Purple Heart Day, Twins Day(s)7-9
- 8.** Sneak Some Zucchini Onto Your Neighbor's Porch Night The Date to Create, Eleanor Roosevelt Day, Happiness Happens Day, Odie Day, Assistance Dog Day
- 9.** Day of The World's Indigenous People, Veep Day
- Kingsport** Help the children of Sullivan County receive free

- books, Sullivan County Imagination Library Night at Chili's Restaurant in Kingsport. 6 PM to 10 PM. Chili's will donate 10% of those sales to the Sullivan County Imagination Library. <http://www.scimaginationlibrary.org>.
- 10.** Duran Duran Appreciation Day, Smithsonian Day, S'mores Day
- 11.** President's Joke Day
- 12.** IBM PC Day, Youth Day, Sewing Machine Day, Vinyl Record Day
- Winged Deer Park** Lakeside Concert Series 6pm-9pm Spoonful of Blues
- 13.** Left Handers' Day, Blame Someone Else Day, Friday the 13th- (Only one in 2010!), Kool-Aid Day
- Jonesborough.** Music on the Courthouse Square 7 pm
- 14.** Garage Sale Day, Navajo Code Talkers Day, Sandcastle & Sculpture Day, V-J Day
- HANDS ON!** 1-2 pm - Shaka Zulu Stilt Walker
- Bristol** Virginia 1st Annual Relay for Life 9 am till 9pm at the **Bristol** Mall
- Bristol** YWCA and La Leche League of **Bristol** present the 2010 Baby to Family EXPO; Healthy Beginnings, in conjunction with World Breastfeeding Week. From 10 a.m. until 2:00 p.m. at the YWCA
- 15.** Best Friends Day, Chauvin Day, Relaxation Day
- HANDS ON!** Best Friend Cards: Who is your best friend? Design a card for your best friend during August in the Art Studio
- 16.** Joe Miller's Joke Day
- HANDS ON!** Through August 29th-Can You Dig It? Learn all about the archaeology. Use tools to dig for clues in a shoe box

- archaeology activity
- 17.** Meaning of "Is" Day, Thrift Shop Day
- JCPL** VolunTEEN Orientation 6:30 pm
- 18.** Bad Poetry Day, Cupcake Day, Mail Order Catalog Day
- HANDS ON!** 9:30-12:30 - Creatures & Critters Workshop\* Meet and learn about the critters and dissect an owl pellet. Ages 7-12 Cost \$10. A healthy snack will be included.
- 19.** "Black Cow" Root Beer Float Day, Aviation Day
- 20.** Virtual World's Day, Men's Grooming Day
- Jonesborough.** Music on the Courthouse Square 7 pm
- 21.** Senior Citizen's Day, Hug Your Boss Day, Homeless Animals Day, Poet's Day, Daffodil Day
- 22.** Southern Hemisphere Hoodie Hoo Day, Be An Angel Day
- 23.** Valentino Day
- Gray.** The Appalachian Fair thru August 28. Fun for the whole family Adults \$8, Children 6-11 \$3, Children 5 & under free with an Adult.
- 24.** Vesuvius Day, Waffle Day
- 25.** Kiss and Make Up Day, Second-hand Wardrobe Day
- 26. Granddaddy's Birthday,** Dog Day, Women's Equality Day
- 27.** Global Forgiveness Day, Oil and Gas Industry Appreciation Day
- Jonesborough.** Music on the Courthouse Square 7 pm
- 28.** Race Your Mouse Around the Icons Day, Crackers Over The Keyboard Day
- 29.** According to Hoyle Day, More Herbs, Less Salt Day
- 30.** Toasted Marshmallow Day, Holistic Pet Day
- 31.** Love Litigating Lawyers Day
- JCPL** TEENS - Back to School BACKPACK DECORATING 6 pm

**From The Editor**

By: Chris Joker

Five years and about a month ago Floyd Bailey and I decided the Tri-Cities needed a family oriented magazine. One month later, with the financial help of a few believing advertisers, we published the very first issue of **Family Pastime Magazine**. Many of those advertisers are still with us and still believe in us. Thank you. Our mission then is the same as it is today, 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. We have gone through a growth process over the past five years. We have added new features, a website, online subscriptions, free online classified advertising and more. Over the past year we have expanded distribution to include more of the Tri-Cities. This month also marks the third anniversary of "Creature Feature" by Georgia Teich. Every month we

learn new and fascinating facts about some creature on this earth. Georgia gets so excited she often tells me "Oh you won't believe what I found out about such and such". Next month will mark the 4th anniversary of "There's No Place Like Homeschool" by Lisa Baughn. Homeschoolers all over the Tri-cities as well as the world (thanks to all **Family Pastime Magazine** issues being available online) benefit from Lisa's extensive homeschooling experiences. 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 of **Family Pastime Magazine**. If a store or business you frequent does not advertise with us yet, pass on the positive word about **Family Pastime Magazine**. In honor of our five-year anniversary we have chosen to re-run some of the more popular articles and features from the past 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 desire. Please take a minute to fill out and send in the survey on page

18 or fill it out online at [www.familypastime.com](http://www.familypastime.com). When you do you will also be entered for a drawing to win a year's membership to the Hands On! Museum for your family. 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](mailto:editor@familypastime.com). Thank you so much for your continued support. **FPT**

Q: What has a bottom at the top?  
A: Your legs!

Q: Why were the early days of history called the dark ages?  
A: Because there were so many knights!

Teacher: How much is half of 8?  
Pupil: Up and down or across?

Teacher: What do you mean?  
Pupil: Well, up and down makes a 3 or across the middle leaves a 0!

\*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **Crypto clue: D= R**

# Helpful Strategies For School Transitions

(NewsUSA) - This fall, some students face more than a new school year -- they face a whole new school. Transition years, in which students move from elementary to middle school and from middle school to high school, can be exciting and full of promise. But adjusting to greater academic challenges and a different social environment can be scary, as well.

Students may worry about making friends, peer pressure, getting lost and having a different teacher for each class. So, what can parents do to help children through this major change? Sylvan Learning offers the following tips.



- Get to know the school. Attend the end-of-summer activities your school offers. There's probably an open house -- take your child, and invite one or two of her friends to go with you. If the school doesn't have an open house, advocate for one.

- Roam around. Explore the campus. Have your child's new schedule with you. Go to the classrooms, the restrooms, the cafeteria, the gym, the main office, the nurse's office and the guidance suite. Note how long it takes to get from classroom to classroom.
- Be prepared. Buy a combination lock before school starts, and let your child practice locking and unlocking it.
- Be encouraging. Encourage your child to join clubs, teams and activities. This is a great way to make friends, discover new interests and talents, put down roots and build confidence.
- Know the teachers. Keep in periodic touch with teachers in person and through notes, e-mail or the school's Web site. Know what

they expect from students, when report cards come out, when major assignments are due and when tests are scheduled. Help keep your student on track by being persistent when necessary.

- Organize. Help your child stay ahead by setting goals, planning for important dates and events and establishing homework and studying routines. **FPT**

For additional resources and free seminars on "Transitions: Middle and High School," visit [www.sylvanlearning.com](http://www.sylvanlearning.com).

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**WKPT Radio Senior Job Expo & Career Fair**

**Date:** Thursday, September 16, 2010  
**Place:** Kingsport Town Center

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[www.wkptradio.com](http://www.wkptradio.com)

The Senior Job Fair, sponsored by Super-Hits of the Tri-Cities, WKPT Radio / the Kingsport Town Center / local retail merchants and colleges will be held in the BELK Building at the Kingsport Town Center on Thursday, September 16th 2010

Questions? Contact Lou at 423-723-6143 or [lou@kybcgroup.com](mailto:lou@kybcgroup.com)

**Joe Miller's Joke Day**

August 16. A day to tell a joke in honor of the English comic actor Joseph (or Josias) Miller, who was born in 1684 (exact date unknown). Miller acted at the Drury Lane Theatre at London, England, and was a popular favorite. He died at London, August 16, 1738. A book with which Miller had no direct connection, Joe Miller's Jestes, was compiled by John Mottley and first published in 1739. It contained 247 jokes. Revised and expanded hundreds of times, it contained more than 1,500 jokes in the ensuing two centuries. From Joe Miller's Jestes, London, 1739: "A melting Sermon being preached in a country Church, all fell a weeping but one Man, who being asked, why he did not weep with the rest? O! said he. I belong to another Parish."

**SUDO-KID-U 2**

Instructions: On page 2

			4
	3		
		1	
2			

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# FATHER KNOWS BEST

By Chris Joker

I am a human alarm clock. My daughter has to catch the bus at 6:48 a.m. So I get up at 5:45, stick my head into her room and say, "Honey, it's time to get up" to which she replies, "hrngh fru tigh swaf" which translates into English as "leave me alone" and into alarm clock parlance as "hit the snooze button" I used to say "Wakey Uppy, come on let's get a move on, it's a beautiful day and time for school" to which she would reply "#\*@\$%^&#\*&^%@\$%", which in English translates to something I can't print here and I should ground my daughter for saying it. In an attempt at more harmonious communication I changed it to the apparently less offensive "Honey, it's time to get up." After this exchange I start the coffee and get in the shower. After the shower I stick my head back in her room and say, "Its time to get up, turn on your light" and I stand there until the light goes on. I then pour some coffee and begin to get annoyed that my daughter is still in bed. By 6:30 she has usually made it to the bathroom and I start breakfast. On this particular morning she comes out for breakfast about 6:35 missing something.... Hmmm what is it... oh I know, shoes. She is not wearing any shoes. I explain to her that she needs to wear shoes to which she replies, "Do you know where my shoes are?" I'm thinking this is really not a good question to have to ask 13 MINUTES before you have to catch a bus! I ask the obvious, "Where did you leave them?" Kind of a stupid question if you think about it, I mean if she knew that, they wouldn't be lost. I break into standard lecture number 122 of the Dad manual. You know the one about "if you put your things away where they belong, you will always be able to find them. Blah, blah, blah" I realize given the short amount of time before the bus arrives and the fact that she is totally ignoring me, this really isn't the time for standard lecture number 122 of the Dad manual. It's about 6:40 I tell her to eat her



breakfast and I will look for her shoes. I begin my mad dash search. I look in the den, the office, the bathroom, in my tool box in the garage, at the bottom of the bag of cat food in the pantry, you know, the most obvious places then I start looking in crazy places, you know where they would NEVER be like in her room, in her closet, in the shoe rack hanging on the back of her door. Big surprise, they are in none of those places. I ask her if she might have left them in my van, I know it's the middle of winter, why would she have taken them off in my van? But it's worth asking. "No, Daaaaad, they're not in the van!" Before I continue I must explain that when your children spend half their time at your house and half their time at their mother's house often you end up with only one of an item at your house something like, I don't know... pairs of SHOES. So now it's 6:46. My younger child is sick in bed asleep. So if we miss the bus I will have to wake him up so that we can drive his shoeless sister to school on time. So, missing the bus, really not an option. Although I have not discovered the missing shoes, fortunately in my mad dash of a search I have come across one bunny slipper (with an ear cut off and an eye hanging out), a swim fin, a flip-flop and an empty Pringles can. Now, while the swim fin and the flip-flop might be a better match, the swim fin may cause problems getting up and down the bus steps so I'm leaning towards the bunny slipper and the Pringles can. She's not buying the Pringles can so in a last ditch effort I compromise on the bunny slipper and the flip-flop with extra socks.

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We hobble down the street and just catch the bus. As I walk back to the house I am thinking 2 things. One, where could her shoes possible be? And two, when should I continue with standard lecture number 122 of the Dad manual? I truly thought I would have to keep you hanging about the answer to both of those questions. Then, that afternoon I told bunny slipper/flip-flop girl that she had to find her shoes. When she didn't I decided the drive to the store to buy some new shoes would be the perfect time for standard lecture number 122 of the Dad Manual. My plans were changed slightly since our trip to the store was cut a little short when on the way; guess what we found in the van? Not to worry, while she changed out of the bunny slipper/flip-flop combo I drove around until I finished all 20 minutes of lecture number 122 of the Dad manual. Funny thing, as I am sitting in the den writing this what do I see sitting on the floor by the couch? You guessed it my daughter's shoes which means at this very minute she is either shoeless or back in the bunny slipper/flip-flop combo, maybe we will start a trend. **FPT**

Q: What cheese is made backwards?  
A: Edam?



## For Whom Are You Investing?

**Y**ou may, on occasion, ask yourself why you are investing. Why go through the fluctuations of the financial markets, the worry over interest rate movements, the fears of today and the uncertainties of tomorrow?

**T**o answer this question, you may need to ask yourself one more: For whom am I investing? Consider the following:

**Y**ou're investing for yourself. It sounds selfish, but it's not. You may be investing in your 401(k), IRA and other investment accounts so that you can enjoy a comfortable retirement lifestyle after working your entire adult life. But you're also investing so that you can become financially independent — free of worries that you'll become a burden to your grown children or other family members. And given the real possibility of spending two, or even three, decades in an active retirement, it's imperative that you put as much as you can possibly afford into those investment vehicles that can help you pursue your financial independence.

**Y**ou're investing for your family. If you have children or grandchildren, you may well want to help them pay for college. And, as you know, college has gotten much more expensive in recent years, so you'll need to save and invest from the time your children are very young, and you'll need to choose the right investment accounts, such as a 529 college savings plan or a Coverdell

Education Savings Account. But you'll also need to think about other family members, too. Have you built up enough in your retirement accounts so that the money would be sufficient to support your surviving spouse should anything happen to you? Will you have enough financial resources to help support your elderly parents should they require assistance? And will you be able to leave the type of legacy you desire? As you can see, when you're investing for your family, you've got a lot to consider.

**Y**ou're investing for your beliefs. Throughout your working years, you may try to give as much money as you can to those charitable organizations whose work you support. Yet you may wish you could do even more. And eventually, you may be able to do more. For example, if you hold an investment for many years and then sell it, you'll have to pay capital gains taxes on any increase in value — and the capital gains tax rate of the future may not be as low as it has been over the past several years. But if you were to give the appreciated asset to a charitable organization, you could avoid paying the capital gains tax, because the organization would be the one that eventually sold the asset. Plus, you might even get a current income tax break for your contribution. You might also want to include charitable organizations in your estate plans, after consulting with your attorney or other estate tax advisor.

**A**s you can see, you've got some "key constituencies" counting on you. By keeping them

in mind, you should have the motivation you need to overlook the day-to-day ups and downs of investing — while you keep your focus on your important long-term goals. FPT

*Provided By: Lindsey Wortman Edward Jones Investment Representative*

### Family Pastime Magazine Introduces FREE Classified Ads

**R**eaders of Family Pastime Magazine may now post free non-commercial classified ads in the online version of Family Marketplace. If you, a family member or not-for-profit group has something to sell, trade or give away simply go to [www.familypastime.com](http://www.familypastime.com), click on the Marketplace button, register and post an ad—for FREE. The ads can run for up to a month without re-submitting and may also include photos. Categories include, Automobiles, Appliances, Tools, Pets, Yard sales and more. If the appropriate category is not there simply put it under "other" category and Family Marketplace will create a category for it. If you don't see what you are looking for post something under the "wanted" category. If you have any questions send an e-mail to: [classified@familypastime.com](mailto:classified@familypastime.com). **FPT**

### SUDOKU HARD Instructions: page 2

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### Sudoku Really Hard Instructions: On page 2

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### Last month's HARD answer

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

**Kid Friendly Recipes**



**Baked Ham & Cheese Quesadillas**

**SUPPLIES:**

- 4 large (10-inch) flour tortillas
- 1 TBS. Vegetable oil
- 1 C shredded Monterey Jack or Cheddar cheese
- 8 oz. Deli ham, roughly chopped
- 1/2 C diced tomato
- 2 green onions, sliced
- Salsa, mustard, ranch dressing, etc. for dipping

**HOW TO:**

- Preheat oven to 425 degrees
- Place a tortilla on a plate and brush one side lightly with oil.
- Turn it over and, sprinkle one-quarter of the cheese, chopped ham, diced tomato and the green onions on half.
- Fold in half to cover the filling and press down firmly
- Place on a large cookie sheet.
- Repeat with the remaining tortillas.
- Place filled tortillas in the oven and bake 10 to 12 minutes, turning over and pressing down after 5 minutes.
- Remove from oven and let cool slightly before cutting into wedges and serving.

To pack in a school lunch, let them cool completely, then wrap in foil or plastic wrap. They can be made the night before and refrigerated. Wrap in wax paper if your child will be heating them in a microwave oven at school. Also put some dipping sauce in a small container with a tight lid.

**No Bake**

**Chocolate Peanut Butter Bars**

**SUPPLIES:**

- 2 C powdered sugar
- 1 C smooth peanut butter
- 2 C graham cracker crumbs
- 1/2 C plus 2 TBS melted butter
- 1 pkg (2 C) chocolate. Chips

**HOW TO:**

1. In a bowl mix everything (except the chips).
2. Press into at 9x13 in pan
3. Cover pan with foil.
4. Melt chips & spread over the mixture in pan.
5. Refrigerate 2 hours until firm

**Banana Nut Dog**

**SUPPLIES:**

- 1 hot dog bun
- 1 TBS. Peanut butter
- 1 TBS. Jelly or Honey
- 1 whole banana
- Raisins, shredded coconut or chopped peanuts

**HOW TO:**

- Spread one inner surface of split hot dog bun with peanut butter.
- Spread other side with jelly or honey.
- Wrap the prepared bun in plastic wrap and place in your child's lunch bag. Also, pack a whole banana (in the peel) and a small container of toppings, such as raisins, coconut, peanuts or whatever else you can think of.
- At lunchtime, your child can peel the banana and place it in the bun, sprinkle on toppings and eat.

**Tuna Pesto Salad Wrap Sandwiches**

**SUPPLIES:**

- 1/4 C mayo or light mayo
- 1 (3-oz) jar pesto
- 1/3 C grated Parmesan cheese
- 1 TBS lemon juice
- 1 clove garlic, minced
- 1/8 tsp pepper
- 1 (12-oz) can tuna in water, drained
- 1 red bell pepper, chopped
- 1 C frozen baby peas, thawed
- 1 C cherry tomatoes, cut in half
- 8 (8-inch) flour tortillas
- 8 leaves lettuce

**HOW TO:**

1. In medium bowl, combine mayo, pesto, Parmesan cheese, lemon juice, garlic, and pepper.
2. Gently mix in tuna, red bell pepper, and baby peas.
3. You can cover the mixture and refrigerate for up to 2-3 days.

**5th Annual Veterans Day Classic**

The annual event, hosted by BAE Systems and Holston Army Ammunition Plant will be held Saturday, November 13, 2010. Event includes a half marathon, 5k run, and 5k walk. The runs begin at 10:30am and the walk begins at 11:00am.

For information on entering, an application or sponsorships point your browser to: [runtricity.org](http://runtricity.org) or Call Darcie Bradley 423-578-6195 or email: [darcie.bradley@baesystems.com](mailto:darcie.bradley@baesystems.com)

**SUPER SUDOKU** Instructions: On page 2

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## My Dog Won't Stop Mouthing Me!

Some dogs are very "mouthy." That

doesn't mean they talk or bark a lot. It means that they use their mouths on everything, trying to taste things, or put their mouths on things. Usually these dogs have not been completely taught bite inhibition. Bite inhibition is when a puppy is taught that nipping and biting others hurts and that they shouldn't go around using their mouths on things. They generally learn it from their mothers and littermates, and later from their owners. Singleton pups (one-puppy litters) may have a harder time learning bite inhibition since they don't have littermates.

Dogs can also be mouthy as a way of showing affection. Wolves tend to show affection to each other by mouthing muzzles, necks and paws.

Whatever the cause, mouthing people's hands and feet, or any other part of their bodies, can be annoying. Your dog may not use his teeth, but it does tend to cover you in dog slobber. Having a dog grab you with his mouth is also simply not very good manners.

There are a few simple methods for teaching your dog not to mouth you.

Some people like to use Bitter Apple, a spray or cream product. You can put this on your hands if that's where your dog grabs you. Most dogs hate the taste and your dog should stop grabbing at your hands.



to stone whenever your dog grabs you with his mouth. If your dog gets no feedback he will likely lose interest.

You can also use clicker training to teach your dog not to be mouthy. When your dog grabs your hand or wrist being mouthy wait for him to let go. Wait for a couple of seconds and then Click and tell him he's a good dog. Give him a treat. Keep clicking and treating when he stops the mouthing behavior. He will get the message.

If your dog is mouthing other things in your home, such as walls or furniture, you can try the Bitter Apple on them. The bad-tasting product usually discourages dogs from mouthing and chewing things.

Remember that puppy nipping and mouthing are normal behaviors up to a point. If you have a puppy who is nipping and mouthing you can work on bite inhibition. When your puppy nips or mouths you all you have to do is make it perfectly clear that it HURTS when he does it. Let out an OUCH to curl your puppy's hair. Leave him in no doubt that what he did really hurt you. This is the same thing that his littermates would do if he played too rough with them. If he does it the next time you play with him, get up and leave. Puppies don't play with a puppy that is too rough and you shouldn't either.

For mouthy adolescent or grown dogs, the tips offered here should work. Give them a try and it should stop the mouthiness **FPT**

Another method of dealing with mouthiness is to turn



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Medium  
Instructions on page 2  
Last month's  
Easy Answer

6	7	9	2	4	1	3	5	8
2	3	5	7	8	9	6	1	4
1	4	8	5	3	6	9	2	7
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## Tips For Older Job Seekers

(NAPS)—**T**here's good news for older adults trying to enter the workforce. There's a new brochure designed to help them get a job.

**E**ven though older applicants often bring experience, knowledge and a



strong work ethic to a job, many still find it difficult to find employment. For those returning to the workforce or entering the workforce for the first time, the task can be even more challenging.

**T**he new brochure, "Employment Options: Tips for the Older Job Seeker," suggests that older applicants can relate their life experiences as a parent or volunteer

or their hobbies to the skills required for a job.

**T**he brochure—prepared by the Eldercare Locator and Senior Service America, Inc.—shares tips on how to find hidden job leads, successfully submit a job application and prepare for an interview.

**T**o request the new brochure, "Employment Options: Tips for the Older Job Seeker," contact the Eldercare Locator at 1-800-677-1116 or [www.eldercare.gov](http://www.eldercare.gov). The Eldercare Locator is a free service of the U.S. Administration on Aging and is administered by the National Association of Area Agencies on Aging (n4a). **FPT**

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## Clean And Green Blue Jeans

(NAPS)—**A**ccording to a recent survey conducted by Infogroup | ORC on behalf of Whirlpool brand, despite advances in high-efficiency laundry, many consumers don't realize the environmental impact of their laundry habits. With the average American doing more than four loads of laundry each week, it can be important to reduce the environmental effect of that age-old chore.

**T**o help, consider these simple tricks to keep jeans looking newer, longer and without wasted water and energy:

- Hot and cold: According to the survey, 48 percent of respondents who do laundry believed that water temperature has no effect on the environment. However, washing clothes in cold water can positively affect the environment (check the label to be sure of appropriate care instructions). Using cold water also helps prevent shrinking and color fading.
- Fully loaded: Thirty-three percent

of respondents said a specific denim cycle would make a big difference in how they efficiently and accurately care for their clothing. Another way to be more efficient—wait for a full load of laundry when running a cycle to save an average of 3,400 gallons of water per year.

- True blues: Fourteen percent of consumers worry about fading and fabric wear and tear of their denim when washing and 41 percent do not allow anyone but themselves to wash their jeans. To help, the experts at the Whirlpool Institute of Fabric Science recommend wearing jeans a few times before washing, and when you do wash jeans, turn them inside out.
- Circle of life: Don't trash old jeans; instead, donate clean, gently worn jeans so others can enjoy the blues. **FPT**

Learn more: For more tips, visit [www.instituteoffabricscience.com](http://www.instituteoffabricscience.com).

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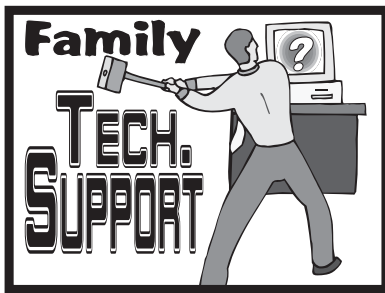


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# Backup, Backup, and Backup! By:

Chris Joker

The tech word of the day is Backup, Backup, and Backup. So important I said it three times. Your computer uses a hard drive to store all of your data. Just to be clear a hard drive is NOT memory (RAM). Think of Memory (RAM) as your brain's short term memory, you know facts you have to pull up all the time such as phone numbers, which key to use in the house door or the car, how you like your coffee, your children's names, things like that. Your computer uses RAM to "remember" what you are currently working on. How to run the program, the letters I am typing right now. If I turn my computer off before I save this article it will be gone. Data will not stay in RAM once the power is off. Now think of your hard drive as long-term memory or storage. Facts that I can access if I need to, but are not top-of-mind, like files in a filing cabinet. Let's say I have a file with my children's insurance information in it in my filing cabinet. IF I need it, I can search through the filing cabinet and find it (like files on your computer's hard drive). Now let's say the neighbor kid spills water on my filing cabinet (because MY angels would NEVER do anything like that!), there is a very good chance that my files will be ruined. I will now not be able to read my children's insurance information and will have to spend time, effort and money to re-create that information. Now let's say I am a smart guy (we can pretend here) and I have an exact copy of all the files in my filing cabinet in a separate place (a "Back-up, if you will) so when the neighbor kid spills water on my main filing cabinet, I simply pull the information from my "Back-up" filing cabinet. THAT is what you need to do with your hard drive. There is a saying about hard drives "they have either failed or they will". Believe me sooner or later your hard drive; even without anyone spilling anything on it WILL fail. Many of us have financial information, family photos or videos, personal letters, etc. on our hard drives. It would be a shame to lose it. There are several ways in which you may back-up your files (data). To back up your data you will need some sort of backup software (a program that

will automatically copy all your files to another storage device). You can backup, sync and/or image your data. Backup software will make a copy of all the data (files and programs). Backup software will also allow you to create an incremental backup (a backup method in which multiple backups are kept (not just the last one). These backups will be incremental if each original piece of backed up information is stored only once, and then successive backups contain only the information that changed since a previous backup.), Differential (A cumulative backup of all changes made since the last full or normal backup, i.e., the differences since the last full backup. The advantage to this is the quicker recovery time, requiring only a full backup and the last differential backup to restore the system. The disadvantage is that for each day elapsed since the last full backup, more data needs to be backed up, especially if a significant proportion of the data has been changed). Backup software also often uses compression so the target storage drive may be smaller than the source drive. Backups may also include files as well as programs and settings. A drawback to using backup software is that the files will most likely have to be restored to be used which means the machine you are restoring on will also have to have the backup software installed. Some Operating systems come with backup applications (windows XP pro, for example). To find it just type backup in the help and support field and follow the instructions. Another option is "Sync" (File synchronization). Syncing should be used for files only (you can't sync a program). The destination will have to be as big as or bigger than the source drive. Syncing allows you to use the files immediately on any computer that is running the needed software (if you sync a word doc to view it you will need a computer with word installed). Another option is drive imaging. Drive imaging actually takes an "image" of your entire drive (files, programs, settings even your operating system). This means that if you do have a drive failure you can restore the whole shooting match at one time, instead of having to re-install your operating system, software, etc. Finally an alternative option is to use an online backup service (Barracuda, Mozy and Carbonite). These services back up your files, data, etc to a "server in the sky". One advantage to this is the files are stored safely

away from you computer, house, office so if a disaster occurs (fire, theft, etc) the files are nowhere near where it happened.

There are plenty of programs out there for you to use including several free ones for back up and sync you might look into Allway Sync (<http://allwaysync.com>) or FBackup ([www.fbackup.com](http://www.fbackup.com)). For drive imaging the granddaddy is Norton's Ghost free alternatives include Paragon ([www.paragon-software.com/home/db-express](http://www.paragon-software.com/home/db-express)) or Macrium-reflect ([www.macrium.com/reflectfree.asp](http://www.macrium.com/reflectfree.asp)). While you might be fine with a free version of a sync program (because you can easily check to see if the files work) I would not recommend using a free backup and definitely not a free disk image software program (you may not know if it worked--or didn't until it's too late).

As far as where to back your data up, if your files aren't too big or you don't have too many you can burn them to a CD or DVD. Or even better you can now purchase external hard drives that plug into your computer's USB port (that is the port like the one you probably use to plug in your mouse and keyboard) fairly cheaply. They also now make pretty good size jump/flash/thumb drives (see Family Tech from July 2009 for more information about these—available online). I have seen them up to 256 GB. Granted, with hard drives in the Terabyte range 256 gigs won't hold ALL your data but it will hold quite a bit. No matter which way you decide to backup/sync/image...DO IT! If you choose to use a plug-in storage device Step two would be to store your backup copy somewhere besides where your computer is like a safety deposit box or a family member's house. That way if something happens to your computer (fire, theft, etc) your backup will be safe. If you are REALLY smart you will buy two external storage devices then backup right away to one and store it off site then in a month backup to the second drive and switch it with the one offsite, do this every month or so and you will have piece of mind. It may be a little bit of an inconvenience but believe me it is much less of an inconvenience than having to recreate your files. Do you really THINK you can get Uncle Doc to wear that silly hat again so you can take another picture? **FPT**

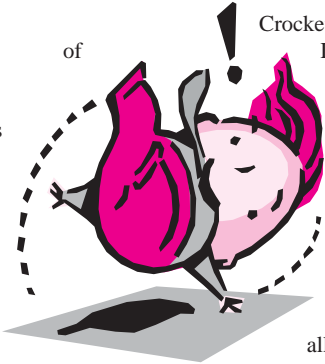
*Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm ([www.renderforge.com](http://www.renderforge.com)). If you have any technical questions please send them to: [tech@familypastime.com](mailto:tech@familypastime.com)*



# “Head Over Heels”

**Say WHAT???**  
By: Family Pastime Staff

**H**ead over heels  
**MEANING:**  
**E**xcited, and/or turning cartwheels to demonstrate one’s excitement.



of  
Crockett’s Narrative of the life David Crockett: “I soon found myself head over heels in love with this girl.”

Head over heels’ is a perfect example of how language can communicate meaning even when it makes no literal sense. After all, our head is normally over our heels. The phrase

originated in the 14th century as ‘heels over head’, meaning doing a cartwheel or somersault. This appeared later in Thomas Carlyle’s History of Frederick the Great, 1864: “A total circumgyration, summerset, or tumble heels-over-head in the Political relations of Europe.” It is believed the Carlyle actually meant somersault though he wrote summerset. John Lennon reinvented that in ‘Being for the Benefit of Mr. Kite’ - “Ten somersets he’ll undertake on solid ground.” Another suggestion is that “Head over heels” is a corruption of “heels

over head,” which dates back to the 14th century and was meant to suggest what happens when you perform a somersault. If you picture that, it makes much more sense; when your heels are over your head, you are completely upside down and definitely less able to do anything. This wording of the phrase appears for the first time in England in the 1300’s and stayed relatively the same until the late 18th century when it became a more popular expression and was corrupted into our head over heels. **FPT**

**ORIGIN:**

‘Head over heels’ is now most often used as part of ‘head over heels in love’. At first it was not used that way though rather it referred solely to being temporarily the wrong way up. It is one of many similar phrases that we use to describe things that are not in their typical state - ‘upside-down’, ‘topsy-turvy’, ‘topleft up tail’, etc.

The first known cited use of ‘head over heels’ is Herbert Lawrence’s 1771 Contemplative Man, “He gave [him] such a violent involuntary kick in the Face, as drove him Head over Heels.” Head over heels first use referring to love appears to be in 1834, by which time the phrase had crossed the Atlantic, and into David

**SUDOKU- EASY** Instructions: On page 2

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

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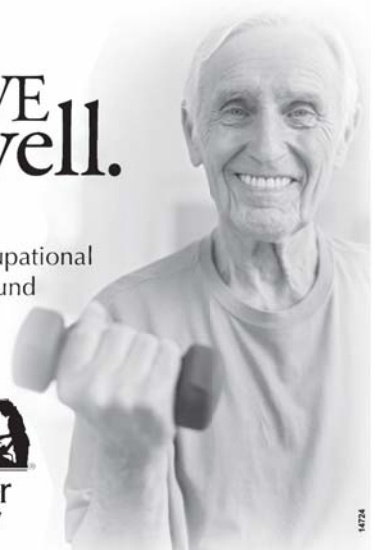
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# Simple Water Saving Tips

By: Michael Bloch

The FAO (Food and Agriculture Organization) has warned that within two decades, the majority of the earth's population could face serious water shortages.

The culprit isn't so much population growth, but poor water management practices. For example, I live in Australia - the driest inhabited continent in the world; yet we appear to be one of the leaders in water consumption per capita.

The biggest water consuming industry is agriculture. The FAO (Food and Agricultural Organization of the United Nations) states 70 percent of all fresh water drawn globally is for agricultural use - higher in some countries.

While it would be easy to blame farmers, we are all in this together and we as consumers fuel demand for water hungry crops such as cotton. It takes around 925 gallons to produce a single pound of cotton and over half that water is lost through evaporation or other poor water management practices.

While there will always be X amount of water in the world, much of it will be useless or require a great deal of processing at the rate we're going - and that processing requires energy and creates by-products. Rather than us all looking towards processes such as desalination as the cure, as welcome as they are, we should see them as a sign that there's something very wrong in our approach to water.

As individuals, there's so many things we can do to lessen our water consumption - and save cash in the process too! Here's some brief and simple tips most of us can apply:

- Shorter showers with less pressure
- Install a water saving shower head - under \$10
- Ensure taps, water pipes and hose connections don't drip

- Check toilets for leaks. Use a few drops of food coloring in the cistern, wait for a while and check the bowl for signs of color - be sure to flush afterwards prevent staining.



Image courtesy of Environment Canada

- Buy clothing made with fibers that aren't so water intensive; such as hemp
- Install rainwater tanks or even just a small rain barrel
- Use greywater from sinks and washing machines to water the garden
- Use low water car washes
- Install tap aerators
- Turn off the tap while brushing teeth
- Turn off the tap while shaving
- Wash veggies in a sink partially filled with water instead of under a running tap
- Set washing machines at the lowest possible water level for the load
- Water gardens just after sunrise or just after sunset to reduce evaporation
- Mulch gardens to reduce watering requirements
- Install drip irrigation systems
- Cut grass a little longer during summer
- Reduce the temperature of water heaters which lessens the amount of mixing needed to be done in order to achieve a temperature that won't scald skin
- Insulate water pipes
- Install dual flush toilets or displacement devices in cisterns
- Fill a dishwasher completely

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- before running it
- Don't use water to accelerate thawing of food
- Instead of using a sink garbage disposal unit, establish a compost pile or worm farm
- Use drought tolerant plants in your garden and drought resistant grass for lawn
- Never use a hose to blast leaves or litter off a driveway - sweep it, its good exercise too :)

While saving a gallon here and there may not seem like much; bear in mind that every small action when multiplied millions of times can make a huge impact. For example, if every person in America reduced consumption by 100 gallons per year, and it's not that hard to do - that would represent a saving of nearly 30 billion gallons of water annually.

We really undervalue water when you consider humans can go for weeks without food, but only days without water. The amazing thing is, we only need a gallon or so a day through our food and directly to sustain ourselves. To maintain hygiene, we only need about 6 gallons a day in total. In developed countries, we currently use 125 to 200 gallons per day per person! **FPT**

Courtesy of: www.greenlivingtips.com

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**Chris Joker**  
 Editor  
 Vx: 423.676.4323 • Fx 866.824.0825  
 chris@familypastime.com  
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**DOUBLE TAKE**

Find at least 29 differences in the two pictures (answers are on the bottom...no peeking!!!)



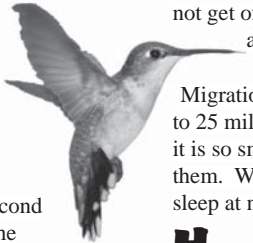
The, Helicopter Cake, Cloud, Elephant Hat, Man Sleeve, Girl arm, Table Legs, Thumb, Boy/Girl switch, Girl face other way, Hat stripes, Banner

Be, Bow, Frosting, The, Woman Sleeve, Balloons, Tree, Dog Tongue, Girl arm, Table Legs, Thumb, Boy/Girl switch, Girl face other way, Hat stripes, Banner

**CREATURE FEATURE**

By: Georgia Teich

**HUMMINGBIRDS**



**H**ummingbirds are among the smallest birds in the world. They can hover in mid air by rapidly flapping their wings 12-90 times per second (depending on the species). They are the only group of birds able to fly forward as well as backwards. They drink nectar and sweet liquids inside flowers, small insects, tree sap and readily available of Hummingbird feeders. They reject flowers that produce nectar that contains less than 10% sugar. Most Hummingbirds have bills that are long and straight when they feed on nectar their bill usually opens only slightly allowing the tongue to dart out into the interior of the flower.

**H**ummingbirds are not very social they live solitary lives only to come together to mate or share a Hummingbird feeder. You never see

Hummingbirds flock or migrate in groups. They like to do their own thing. Before migrating a Hummingbird will gain 25 to 40% of their body weight. If a larger bird gained that much weight it would not get off the ground. They go North in the spring arriving in February in the Southern parts of the U.S. and as far North as Alaska in May. Migration will last from 1 to 4 weeks averaging 20 to 25 miles per day. They migrate alone, one reason it is so small predators will have difficulty seeing them. While migrating they usually fly by day and sleep at night.

**H**ummingbirds are extremely smart. Their brains are larger in comparison to body size than any other bird. They know every flower in their territory and how long it will take for the flower to refill with nectar. They are also smart enough to remember which people remember to refill the feeders and which ones don't.

**T**he Ruby-throated Hummingbird is the only humming bird breeding in eastern North America and is a familiar summer inhabitant of gardens, parks and woodlands from mid April to early October. In the fall it flies nonstop across 500 miles, taking 18

to 20 hours to southern Mexico or northern Central America.

**N**o other Hummingbird species breeds in Tennessee, but several Western species have been found in the state during the non-breeding season. The number of Hummingbirds wintering in Tennessee appears to be increasing. They arrive anytime after late August and usually depart in April. Some of these birds have been banded, so we know that some have returned to the same yard for several years in a row.

**I**t is fairly easy to attract Hummingbirds, they are very visual.

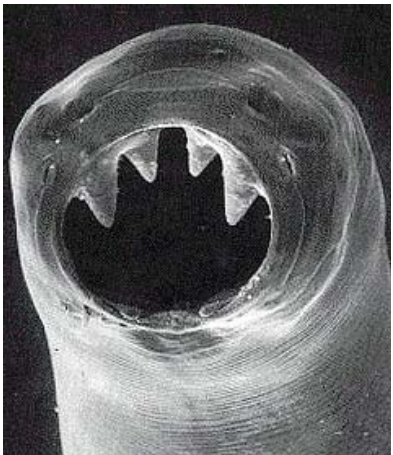
**T**hey are looking for bugs, nectar and water. They eat bugs for protein, they have been known to steal bugs out of a spiders' web, eat the spider and take the web to build their own nest. You can supply the nectar by: Boiling 4 1/2 Cups of water on the stove (not the microwave) with 1 cup of pure granulated sugar Mix until dissolved Put mixture in refrigerator overnight – now you have a bowl of Hummingbird food. **FPT**



# Hookworm

By: I.M. Yuchee

The hookworm is a parasitic nematode worm that lives in the small intestine of its host, which may be a mammal such as a dog, cat, or even you. Hookworms are thought to infect 1 billion people worldwide. Since the world's population is somewhere in the neighborhood of 6 and a half billion that means that if you are standing in a room of 7 people, odds are one of them has a hookworm sucking on their insides.



Not really, it's not exactly spread out that evenly hookworm infections occur mostly in tropical and subtropical climates. Two species of hookworms commonly infect humans, *Ancylostoma duodenale* which lives mainly in the Middle East, North Africa, India and Southern Europe and *Necator americanus*, which lives mainly in the Americas, Sub-Saharan Africa, Southeast Asia, China and Indonesia. This hookworm was widespread in the southeastern United States the early 1900's until but the Rockefeller Sanitary Commission was founded now hookworm infection has been largely controlled in the U.S. The *A. braziliense* and *A. tubaeforme* species infect cats; while *A. caninum* infects dogs and the *Uncinaria stenocephala* doesn't care it will infect both cats and dogs.

This intestinal parasite usually causes mild diarrhea or cramps. Heavy infection with hookworm can create serious health problems for newborns, children, pregnant women, and persons who are malnourished. The most significant risk of hookworm infection is anemia, secondary to loss of iron (and protein)

in the gut. The worms suck blood voraciously and damage the mucosa.

These microscopic wormy things can sneak into our bodies through tiny cuts in the feet if walking through contaminated soil they can also get in if we accidentally swallow contaminated soil...who accidentally swallows soil? Once they get in they set up shop in the intestines where they latch on start sucking blood.

Hookworms have a complex life cycle that begins and ends in the small intestine. Hookworm eggs require warm, moist, shaded soil to hatch into larvae. These barely visible larvae penetrate the skin (often through bare feet), are carried to the lungs, go through the respiratory tract to the mouth, are swallowed, and eventually reach the small intestine. This journey takes about a week. In the small intestine, the larvae develop into half-inch-long worms, attach themselves to the intestinal wall, and suck blood. The adult worms produce thousands of eggs. These eggs are passed in the feces (stool). If the eggs contaminate soil and conditions are right, they will hatch, molt, and develop into infective larvae again after 5 to 10 days.

### Who is at risk?

People who have direct contact with soil that contains human feces in areas where hookworm is common are at high risk of infection. Children --because they play in dirt and often go barefoot-- are at high risk. Since transmission of hookworm infection requires development of the larvae in soil, hookworm cannot be spread person to person. Contact among children in institutional or childcare settings should not increase the risk of infection.

### What are hookworm symptoms?

While a light infection may cause no symptoms, heavy infection can cause anemia, abdominal pain, diarrhea, loss of appetite, and weight loss. Heavy, chronic infections can cause stunted growth and mental development. The

most serious results of hookworm infection are the development of anemia and protein deficiency caused by blood loss. Hookworm infection can also cause tiredness, difficulty breathing, enlargement of the heart, and irregular heartbeat. Sometimes hookworm infection is fatal, especially among infants.

### What good are they?

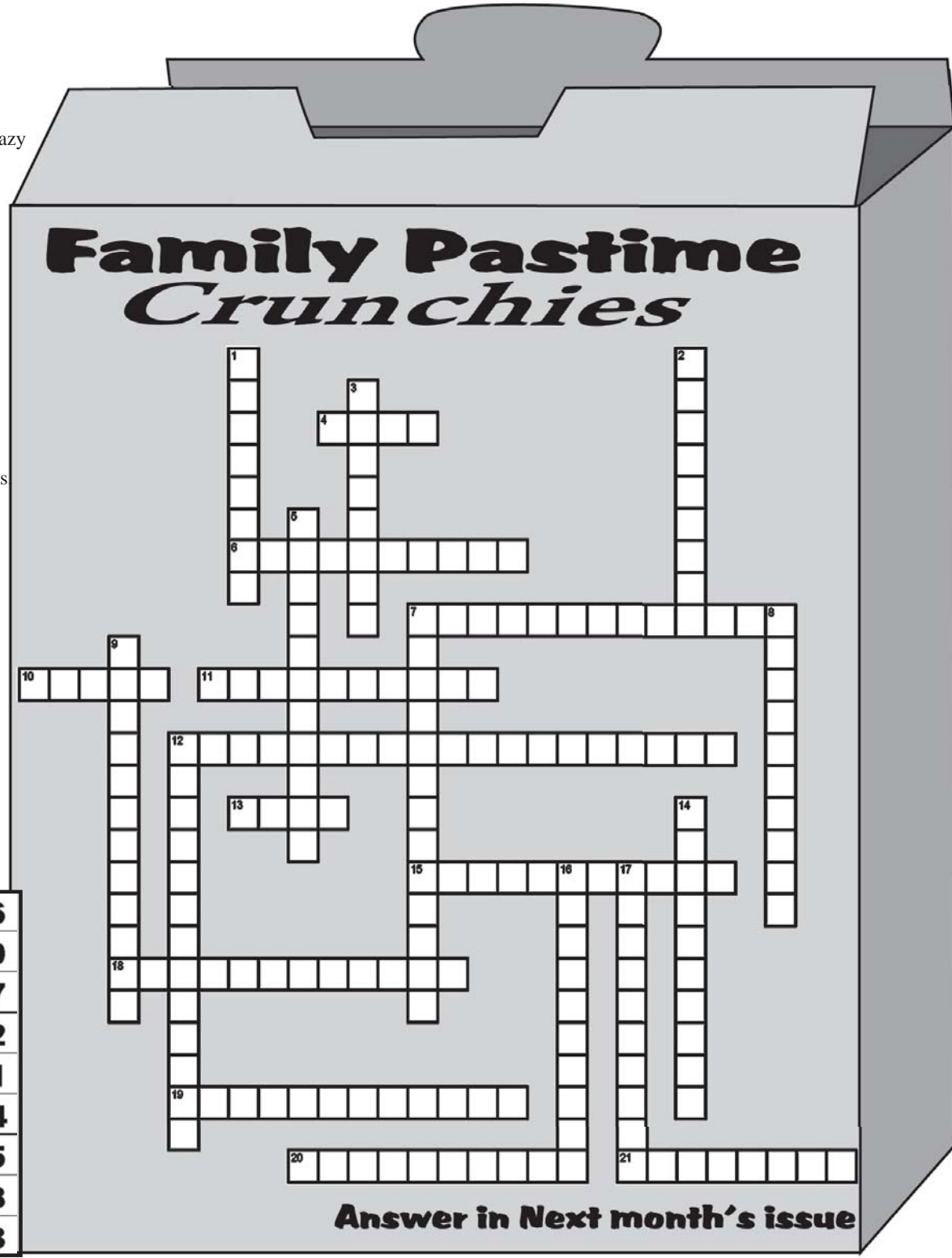
So far I don't know for sure but, scientists are looking at the possibility of using hookworms to combat hay fever, asthma and other diseases. Researchers have noticed that humans in tropical areas, which are known to be hotbeds of hookworm infestations, have much lower rates of allergies. Recent research seems to indicate that hookworms may indeed prevent allergy attacks. Scientists speculate that in an absence of such parasites, people's immune systems have essentially too much time on their hands, causing the disproportionate and inappropriate immunoresponses that result in allergies. The speculation is that hookworms must avoid detection in order to survive and so they "damp down" humans' immune systems with proteins which would also "damp-down" allergic reactions. I don't know about you but I think I will stick with a little Claritin.

### FPT

Q: How do you make milk shake ?  
 A: Give it a good scare !  
 Q: Why did the clock get sick ?  
 A: It was run down !

### SUPER SUDOKU Answer from last month

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



**Across**

- 4. Also nice to get these in the mail.
- 6. Fruit and the outer layer of a cereal grain.
- 7. Sweet little rocks.
- 10. Also welcome around the campfire.
- 11. What people might call you if you act crazy
- 12. Bread and Toast and spice
- 13. Silly, rabbit.
- 15. Always after these.
- 18. Snap, Crackle, Pop
- 19. I want to suck your chocolate
- 20. You'll go Coo Coo for these
- 21. Extraordinary letter 11

**Down**

- 1. What you might say to scare some fruit.
- 2. "Big, big, big"
- 3. You might have eaten these if you give a good performance.
- 5. Royalty for nutritional organic compounds
- 7. Tony loves these.
- 8. Sweet and not mushy.
- 9. Monster Fruit.
- 12. In charge of a big Bite.
- 14. Tasty and wrapped in gauze.
- 16. Flakes that tell bad jokes.
- 17. A game with a ball and 10 metal pieces, If it was made of fruit.

Q :What kind of hair do oceans have ?  
 A: Wavy !  
 Q: What runs but never walks ?  
 A: Water !

**Sudoku** last month's Really Hard answer

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

**Answer in Next month's issue**

**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



# Make Plastic From Milk

notice the milk forming tiny lumps (curds) in a clear liquid (whey)

4. Slowly pour off the liquid from the pot into the sink.
5. Spoon the curds into the jar.
6. Add 1 teaspoon vinegar to the curds, and let the mixture stand for one to two hours.

7. The curds will form a yellowish glob at the bottom of a clear liquid. The glob is actually fat, minerals, and the protein casein.
8. Pour out the liquid
9. Remove the rubbery yellow glob from the jar
10. Wash the glob with water, and knead it until it attains the consistency of dough.
11. Mold the plastic into any shape you wish
12. Place it on the wax paper. Let dry overnight.

**WHY:**

The combination of heat and acetic acid (an organic chemical compound with the formula  $CH_3COOH$  best recognized for giving vinegar its sour taste and pungent smell) precipitates (forms a solid in a solution during a chemical reaction) the casein (an ingredient used to make plastic) from the milk.

You can add color by rubbing food coloring into the casein before it dries, or by painting it with acrylic paints after it dries.

## Bizarre Facts

- The Japanese have developed a low-cost, biodegradable plastic made from shrimp shells by combining chitin—an extract from the shells that is also found in human fingernails—with silicon. The resulting "chitisand" is stronger than petroleum-based plastics, decomposes in soil, and acts as a fertilizer.
- In 1929, the Borden Company purchased the Casein Company of America, the leading manufacturer of glues made from casein, a milk by-product. Borden introduced its first

- nonfood consumer product, Casco Glue, in 1932.
- Cheese is made from curds. White glue is made from the casein of the curds.
- While promoted by a spokesbull and made by a milk company, Elmer's Glue-All is synthetic resin glue that does not contain casein.
- Before scientists discovered how to synthesize plastics from petroleum products, plants and animal fats were used to make natural plastics, which eventually decompose.
- Adding starch to the plastic makes biodegradable plastic. Bacteria then feed on the buried plastic.
- In surgery, stitches are now made using plastics that slowly dissolve.
- There are more plastic flamingos in America than real ones.
- Cow's milk is 87 percent water.
- In Arctic regions, people get milk from reindeer.
- In Peru and Bolivia, people drink llama's milk.
- Twenty-four percent of all Americans drink milk with dinner.
- The glue on Israeli postage stamps is certified kosher.

On May 23, 1992, Ashrita Furman of Jamaica, New York, walked sixty-one miles with a full pint bottle of milk balanced on his head. **FPT**

Q: Why was the broom late?  
A: It over swept!



Cow's milk is loaded with the polymer casein, a protein. Without this polymer, cheese would come unglued. Glue would come unglued too, since casein from milk provides its sticking power.

## Microwave Oven

### Method:

**SUPPLIES:**

- Skim milk
- White vinegar
- Microwave proof bowl
- Strainer

**HOW TO:**

1. Add 4 teaspoons of white vinegar to 1 1/2 cups of skim milk.
2. Microwave the mixture for about a minute. Be sure to ask an adult to help.
3. After a minute, the milk and vinegar will be separated into a liquid (the whey) and a solid (the curds).
4. Now, when you stir the milk, the curds become a "blob."
5. Strain the liquid off and you can make the blob into one big lump.
6. Let it cool, and then you can play with it. It feels like rubber. The protein in the curds is what makes it act like rubber.
7. You can form the blob into shapes. If you leave it out, it will harden.

## Stove-top Method:

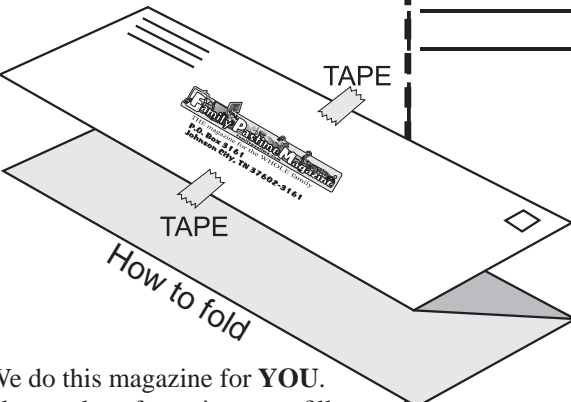
**SUPPLIES:**

- 1 cup whole milk
- Small saucepan
- Measuring spoons
- White vinegar
- Clean, empty glass jar
- Wax paper

**HOW TO:**

1. Pour the milk into the saucepan
2. Add 2 teaspoons of vinegar
3. Heat, stirring frequently until boiling you will

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Q: How did the telephones get married?
A: In a double ring ceremony!
Q: Why did the child study in the airplane?
A: He wanted a higher education!

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