

DECEMBER 2006 FREE

Family Pastime Magazine
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THE magazine for the WHOLE family Volume 2 Issue 12

MERRY CHRISTMAS

The Art of Gift-Giving

(NewsUSA) - As the holidays approach, many shoppers struggle to find the right gift for family, friends and co-workers. Between worrying about repeating past gifts and wanting to convey thoughtfulness and personality, this time of year can push even the savviest shopper over the edge.

In a pinch, it's worth relying on easy and useful gifts like gift certificates to a favorite restaurant or store, magazine subscriptions and consumable gift baskets. If you choose this route, keep these rules in mind: Match a gift to its recipient's style and taste, go for quality, not quantity, and make the gift tag or card as personal as possible.

But if you're looking for something more personal and just as convenient, turn to your photos. There are



Santa in the Johnson City Christmas Parade

few people - grandparents, teachers, aunts and uncles - who wouldn't be thrilled by a photo gift of their favorite child, landscape or pet. Even the most convenient photo gifts - those you can create and pick up at your local pharmacy, for example - have improved in quality and in variety since the day of the mug and T-shirt choice.

While you can still get the

Please see "Gift Art" on page 15



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THE Magazine for the WHOLE Family



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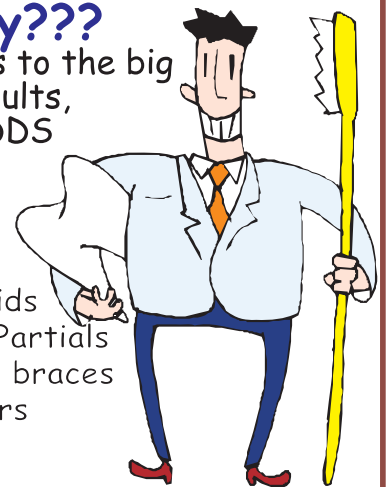
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- What do you call people who are afraid of Santa Claus?
Claustrophobic.
- What's red and white and gives presents to good little fish on Christmas?
Sandy Claws.
- Why does Santa have 3 gardens?
So he can ho-ho-ho.
- What do you get when you cross a snowman with a vampire?
Frostbite.
- Why was Santa's little helper depressed?
Because he had low elf esteem

DECEMBER WEEKLY OBSERVANCES

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Cookie Cutter Week: 1-7 • National Aplastic Anemia Awareness Week: 1-7 • Tolerance Week: 1-7 • Recipe Greetings For The Holidays Week: 1-8 • Operation Santa Paws Week: 1-22 | <ul style="list-style-type: none"> • Clerc-Gallaudet Week: 3-9 • National Handwashing Awareness Week: 3-9 • Human Rights Week: 10-16 • International Language Week: 15-21 • Halcyon Days: 15-29 • It's About Time Week: 25-31 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

DECEMBER MONTHLY OBSERVANCES

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Bingo's Birthday Month • Identity Theft Prevention and Awareness Month • National Drunk & Drugged Driving (3D) Prevention Month • National Stress-free Family Holidays Month • National Sign Up for Summer Camp Month | <ul style="list-style-type: none"> • National Tie Month • Safe Toys and Gifts Month • Spiritual Literacy Month • Take a New Year's Resolution to Stop Smoking (TANYRSS) (12/10 - 2/17) • Universal Human Rights Month |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



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Family Pastime Magazine is a great way to put your message in front of Families, Parents, Grandparents and Children.



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This Year, Give a Gift That Lasts

The holidays are upon us, which means that it's time, once again, to search for those "perfect" gifts. This year, why not add financial gifts to your shopping list? They can make a big difference in the lives of the people you care about.

What types of financial gifts should you consider giving? Let's look at a few possibilities:

- **C**ontributions to Section 529 plans - If you have a child (or grandchild) that will be headed off to college in a few years, you may want to contribute to a Section 529 college savings plan. Your contributions may be tax deductible if you are participating in your own state's plan. Plus, your earnings and withdrawals will be exempt from federal taxes as long as the money goes toward paying college costs. (However, withdrawals used for expenses other than qualified education expenses may be subject to federal, state and penalty taxes.)

- **C**ontributions to an IRA - If you know a loved one has an IRA, consider making a contribution. Many people don't fully fund their IRA each year - so any help you can give toward that goal will be important.

- **S**tocks - Consider giving shares of a company that produces products or services that are used by your intended recipient. If you're going to give away some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Recipients of your gift will need this information to determine gains or losses if they decide to sell the stock. You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want; over your lifetime, you can give up to \$1,000,000 without incurring gift taxes.

- **Z**ero-coupon bonds - These types of bonds can make nice gifts if you know that your intended recipient would like to achieve a specific financial goal - such as a new car, a dream vacation, etc. - in a given number of years. You buy a zero-coupon bond - usually issued by the Treasury under the name of

STRIPS - at a deep discount; when the bond matures, you - or in this case, the recipient of your gift - collects the full face value. In other words, the accrued interest is paid at maturity, so you - or the recipient - won't receive periodic interest payments. Keep in mind, however, that these "phantom" interest payments will still be taxed as ordinary income each year until the bond matures. Also, market prices of zero coupon bonds tend to be more volatile than bonds that pay interest regularly.

- **C**haritable gifts - You may want to make a financial gift to an organization in the name of a loved one - especially if this person is an enthusiastic supporter of the charity. Your generosity will be appreciated, and you'll get some significant tax benefits. First, you may get an immediate tax deduction for your gift. Second, you'll avoid paying capital gains taxes by donating appreciated assets, such as stock or real estate. And third, you'll be removing an asset from your taxable estate.

A financial gift can brighten a loved one's holiday season - and your thoughtfulness will be felt long after the holidays are over. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

- What do you get when you cross an archer with a gift-wraper?
Ribbon hood.
- Christmas: When you exchange hellos with strangers and good buys with friends.
- What do snowmen eat for breakfast?
Snowflakes.
- Christmas: The time when everyone gets Santamental.
- What do you call Santa's Helpers?
Subordinate Clauses.

SUDOKU REALLY HARD

Instructions:

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

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



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The Doll and a White Rose

By: Written by V.A.Bailey

I hurried into the local department store to grab some last minute Christmas gifts. I looked at all the people and grumbled to myself. I would be in here forever and I just had so much to do.

Christmas was beginning to become such a drag. I kinda wished that I could just sleep through Christmas. But I hurried the best I could, through all the people to the toy department. Once again I kind of mumbled to myself at the prices of all these toys. And wondered if the grandkids would even play with them. I found myself in the doll aisle. Out of the corner of my eye I saw a little boy about 5 holding a lovely doll.

He kept touching her hair and he held her so gently. I could not seem to help myself. I just kept looking over at the little boy and wondered who the doll was for. I watched him turn to a woman and he called his aunt by name and said, "Are you sure I don't have enough money?" She replied a bit impatiently, "You know that you don't have enough money for it."

The aunt told the little boy not to go anywhere that she had to go get some other things and would be back in a few minutes. And then she left the aisle. The boy continued to hold the doll. After a bit I ask the boy who the doll was for. He said, "It's the doll my sister wanted so

badly for Christmas. She just knew that Santa would bring it."

I told him that maybe Santa was going to bring it. He said "No, Santa can't go where my sister is, I have to give the doll to my Momma to take to her.

I asked him where his sister was. He looked at me with the saddest eyes and said "She has gone to be with Jesus. My Daddy says that Momma is going to have to go to be with her."

My heart nearly stopped beating. Then the boy looked at me again and said, "I told my Daddy to tell Momma not to go yet. I told him to tell her to wait till I got back from the store."

Then he asked me if I wanted to see his picture. I told him I would love to. He pulled out some pictures he'd had taken at the front of the store. He said "I want my Momma to take this with her so she don't ever forget me. I love my Momma so very much and I wish she did not have to leave me. But Daddy says she needs to be with my sister."

I saw that the little boy had lowered his head and had grown so very quiet. While he was not looking I reached into my purse and pulled out a hand full of bills. I ask the little boy, "Shall

we count that money one more time?"

He grew excited and said, "Yes, I just know it has to be enough" So I slipped my money in with his and we began to count it. And of course it was plenty for the doll.

He softly said, "Thank you Jesus, for giving me enough money." Then the boy said "I just asked Jesus to give me enough money to buy this doll so Momma can take it with her to give to my sister. And he heard my prayer. I wanted to ask him for enough to buy my Momma a white rose, but I didn't, but he gave me enough to buy the doll and a rose for my Momma. She loves white roses so very, very much"

In a few minutes the aunt came back and I wheeled my cart away. I could not keep from thinking about the little boy as I finished my shopping in a totally different spirit than when I had started. And I kept remembering a story I had seen in the newspaper several days earlier about a drunk driver hitting a car and killing a little girl and the Mother was in serious condition. The family was deciding on whether to remove the life support. Now surely this little boy did not belong with that story.

Two days later I read in the paper

Please see "White Rose on page 21

Name That Christmas Carol!

1. Bleached Yule
2. Castaneous-colored Seed Vesicated in a Conflagration
3. Singular Yearning for the Twin Anterior Incisors
4. Righteous Darkness
5. Arrival Time 2400 hrs – Weather Cloudless
6. Loyal Followers Advance
7. Far Off in a Feeder

8. Array the Corridor
9. Bantam Male Percussionist
10. Monarchical Triad
11. Nocturnal Noiselessness
12. Jehovah Deactivate Bliithe Chevaliers
13. Red Man En Route to Borough
14. Frozen Precipitation Commence
15. Proceed and Enlighten on the Pinnacle
16. The Quadrupe with the Vermillion Proboscis

17. Query Regarding Identity of Descendant
 18. Delight for this Planet
 19. Give Attention to the Melodious Celestial Beings
 20. The Dozen Festive 24 Hour Intervals
- Look for the answers in next month's issue!**

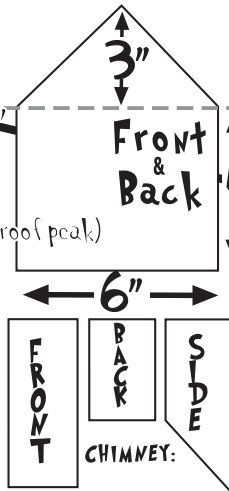
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Gingerbread House Plans

2 Roof: 5" X 8.5"
 2 Sides: 5" X 7"
 2 Ends: 6" X 8" (at roof peak)
 1 Door: 4" X 1.5"
 1 Window: 2" X 1"

CHIMNEY:

1 Front: 2.5" X 1"
 1 Back: 1.5" X 1"
 2 Sides: 2.5" X 1" (trim at angle)



House drawing, cut out paper patterns for the walls, roof and chimney, and set aside.

5. In a large bowl, cream the butter and sugars.
6. Beat in molasses and eggs.
7. In another large bowl, sift dry ingredients.
8. Combine mixtures and knead into a smooth ball.
9. Cover and refrigerate at least 30 minutes.
10. On a well-floured surface, roll a small amount of the dough until it is 1/4" thick.

11. Place one of the paper pattern pieces on the dough and cut around edges. Gently, using spatula, lift the dough on to the foil-lined, cookie sheet.

12. Put all scraps into a bowl and cover. Save these for the kids to play with, or to make gingerbread men.

13. Bake for 15 to 20 minutes or until slightly firm.

14. Let cool on racks until firm enough to handle.

15. Peel the foil off the sections and set the pieces aside to dry thoroughly overnight.

16. To make windows and door: Cut out a rectangle for the door and squares for the windows from the appropriate side.

17. Cut the window in half to make shutters.

OR, instead of actually cutting out the door and window(s), just score them and decorate.

18. Make the chimney: Cut out a rectangle big enough to hold all pieces chimney.

19. When baked dough is still warm and soft, lay

patterns on top and cut out pieces.

Royal Icing

This recipe is for a single batch. You will probably need several, if you make them all at once, keep them in separate bowls. Icing dries very quickly. Keep it well covered: one piece of plastic wrap touching the icing itself and another over the top of the bowl.

SUPPLIES:

- 3 egg whites
- 1-1/2 tsp cream of tartar
- 3-1/2 cups confectioners' sugar

HOW TO:

- 1.** In large bowl, beat egg whites until they begin to foam.
- 2.** Add cream of tartar, beat until whites are stiff but not dry.
- 3.** Gradually beat in the confectioners sugar, beating for about 5 minutes until it reaches spreading consistency. Keep it

covered and refrigerated until needed.

MAKE THE HOUSE:

- 1.** Pipe out the icing on the bottom and one end of one long wall and one short end.
- 2.** Put them together at a 90-degree angle, and hold them in place on cardboard with cans.
- 3.** Repeat with the remaining two walls, running a line of icing glue along the corners so that all the walls are glued together. Again hold walls in place until icing is dry.
- 4.** Let the roofless house dry at least 30 minutes until the icing is firmly set.
- 5.** Run a thick line of icing along one long side of a roof piece.
- 6.** Stick the two roof sections together at an angle and set the two pieces on top of the house. Try to make the roof overhang the same at both ends of the house.
- 7.** Hold the roof gently in place until it dries (the cans should be the right height to support them). Let dry for half an hour.
- 8.** While the roof is drying, attach the door to the doorway by running a line of icing glue down one side and along the base.
- 9. To attach chimney:** On one side of the roof near the peak, glue one angled piece to roof.
- 10.** Glue the largest rectangle to the angled piece and then glue the second angled piece in place.
- 11.** Glue the smallest rectangle to the other sections. Hide mistakes with icing.
- 12.** If the pieces aren't exactly even and perfect, don't worry. Major differences can be filed down and smoothed out with sandpaper, and the Royal Icing can act as filler.
- 13.** Let the house dry until completely solid, preferably overnight. Then decorate with a variety of candies, cookies, cereal, nuts, etc. **FPT**

Gingerbread Dough

SUPPLIES:

- 1 cup butter at room temperature
- 1-3/4 cups brown sugar
- 1-1/4 cups white sugar
- 2 TBS molasses
- 6 eggs
- 6 cups all-purpose flour
- 2 tsp baking soda
- 1 TBS ground ginger
- 1 TBS ground cinnamon
- 1 TBS allspice

HOW TO:

- 1.** Preheat oven to 325.
- 2.** Line cookie sheets with aluminum foil.
- 3.** Butter and flour the foil.
- 4.** Using the dimensions in the Gingerbread

PARENTING

The Family Meal

The words “dinner’s ready” have become a forgotten phrase in many households, one we seem to only hear around the holidays. Today’s hectic lifestyles make it difficult to get everyone in the family to sit down together for dinner. Now, research is showing that eating together is a tradition worth making time for because the benefits far exceed simple nutrition.

The family meal not only fosters healthy eating habits for children, it also enhances family communication and connection. In fact, the simple act of eating meals together can set the stage for young people making more responsible choices in life.

According to a 2003 study by the National Center on Addiction and Substance Abuse at Columbia University, teens who have dinner with their families five or more nights a week are 32 percent more likely to never have tried cigarettes, 45 percent likelier never to have tried alcohol and 24 percent more inclined to not smoke marijuana.

Raise More than the Salad Bar

“Young people who share mealtimes with family are more likely to do better in school, feel more connected to their parents and adopt healthy behavior,” said Dr. Peter L. Benson of Search Institute.

“Family meals can help children stay connected with their family in ways that help to shape their identity, values, and priorities,” adds Benson.

Search Institute, a nonprofit organization dedicated to promoting healthy children, youth, and communities, has focused its work on identifying and sharing the experiences, opportunities, and relationships young people need to thrive. Called



Developmental Assets, they provide a common sense framework for raising successful, healthy children and teenagers.

Meal time is an easy way for parents to work on building important Developmental Assets in their children every day. For example:

- Supporting young people with care and attention
- Guiding them toward a life based on Positive Values
- Helping them develop Social Competencies and life skills
- Celebrating their uniqueness and affirming their Positive Identity

Don't Investigate - Initiate

Eating meals as a family is a great opportunity to learn more about one another’s interests, including your family’s musical or movie interests. Choose one night a week as music or movie night and alternate who gets to decide. Use these occasions to initiate conversation by asking questions to spark mealtime discussions, like:

- “If you could have dinner with any person

- in the world, who would it be and why?”
- “Tell about the most surprising thing that happened to you this week.”

Creativity is Key

Parents don’t have it easy when trying to compete with the latest gadgets, the Internet and the busyness of young people’s activities and friendship networks. That is why parents must get creative when it comes to getting everyone to sit down and eat together.

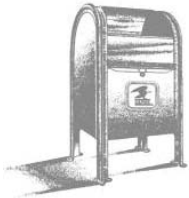
- Choose different meals to eat together as a family
- Turn off the television, phone, and other things that can interrupt family meals
- Use Saturday or Sunday morning for a family breakfast or brunch
- Designate an evening during the week that’s completely devoted to family
- Get children involved. Give them responsibilities for meal preparation and cleanup.
- When they’re older, let them choose a food item and prepare it for the family

The asset-building approach to child development has been shown to significantly reduce high-risk behavior, like drinking alcohol and drug use, in young people. Regular family meals play an important part in building assets and keeping critical lines of communication open.

To learn more about Developmental Assets and how they can support your family, visit www.mvparents.com. Search Institute has partnered with Coors Brewing Company to create MVParents.com, the first Developmental Assets-based Web site that speaks directly to parents. The site provides parents with the creative asset-building resources and tools needed for today’s busy families. **FPT**

Courtesy of ARA Content

Be a Part of Bristol History



Postcards To The Future

Bristol's Sesquicentennial Time Capsule

As part of Bristol's ongoing 150th Anniversary celebration, the Bristol Sesquicentennial Committee is announcing the opportunity for the general public to write a personal message to be included in Bristol's upcoming Sesquicentennial Time Capsule. Postcards To The Future will provide Bristolians an archival postcard in which to send a greeting to the city when opened in the 22nd Century. These special postcards will be available at the Bristol Public Library from Saturday, December 2 through Sunday, December 17th, 2006. The 100-year capsule will be dedicated on the grounds of the Bristol Public Library on Saturday, December 30, 2006. Scheduled to be opened for Bristol's 250th birthday in 2106, the unique above ground time capsule will be an attractive landmark at the new library facility and when opened will be an intriguing glimpse of Bristol in 2006. The contents will highlight Bristol's Sesquicentennial celebration,

for local business & industry, politics, Americana & glimpses of the people of our region.

This time capsule is an effort of the cities sesquicentennial committee and is sponsored by Highlands Union Bank. The 24" w x 24"d x 20"h metal container is being manufactured by Electro-mechanical Corporation of Bristol Virginia and the above ground vault is to be constructed by Burwill Construction, contractor for the new Bristol Public Library facility.

The dedication of Bristol's Sesquicentennial Time Capsule will be one of the highlights to the upcoming closing ceremonies on Saturday, December 30th. In addition to this event there will also be a re-dedication of Bristol's Centennial Time Capsule, which was buried during Bristol's 100th anniversary in August 1956. Moved from its original location at the

old Bristol Memorial Hospital on Midway Street, the capsule has moved several additional times until its latest burial this summer on the grounds of the new Bristol Public Library. This year will mark its 50th year, and 50 years to the date of its opening for Bristol's 200th birthday in 2056.

The Bristol Sesquicentennial Steering Committee was formed by the Bristol Tennessee & Bristol Virginia City Councils in April 2004. Two city council members and members-at-large were appointed from both cities, with a representative of the Bristol Chamber of Commerce, to implement Bristol's 150th anniversary throughout 2006. Tim Buchanan serves as chairman, Dr. John Gaines vice chairman and Richard Ball as treasurer. There are eighteen members of the steering committee and nine subcommittees. The theme of the cities anniversary year is "Celebrating 150 Years of Heritage & Harmony". Please refer to the official website for details on upcoming events: www.bristol150.info.

FPT

• I bought my friend some gift-wrap for Christmas. I took it to the gift-wrap counter and told them to wrap it, but in different paper, so he'd know when to stop unwrapping.

• When I was young we were poor. We didn't have a Christmas tree, we had a Christmas stump.

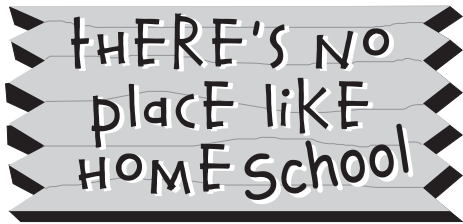


HEALTH MATTERS

By: Patsy Meridith



On average, adults catch a cold 3 to 4 times a year and children get them twice as often. We normally don't think about colds until we're suffering with one, but preventatively strengthening our defenses can really pay off. Especially important is watching sugar intake, exercising regularly, managing stress and getting outdoors. Sunshine increases our supply of vitamin D, which activates our macrophages to fight viruses. In order to fortify our immune systems during the cold season, we can rely on Whole Body Defense with herbs formulated to help us meet our immune challenges. If your immunity is sluggish and you feel a cold coming, you'll want to boost your defenses immediately with Quick Defense, a new herbal formula that regulates inflammatory response, thus relieving symptoms. Listen to "Health Matters" on WJCW 910-AM Radio Sat at 8am.



Merry Christmas to all! Our family treasures Christmas. We love decorating the house, lights, presents, trees, holiday baking, scrumptious fudge, cooking our family's favorite dishes and most of all we love our Savior who was born so long ago.

This column is dedicated to building memories that last forever with your Christmas. Last year, we had just left our home in CA and moved to this side of the country. We spent all of December in a hotel room, our stuff in storage, eating Christmas dinner at a gorgeous historical hotel in Roanoke. Quite a memory – but there is no place like home! Traditions tie our families together, and encourage the hearts of our children. Our “Hotel Christmas” made us realize how precious family traditions are. We aren't the “perfect Christmas” type of family. We are into building memories!

So here are a few of our favorites – from **A to Z!**

Advent – the story of Christ's birth is the central theme of all we do. Each year we go through a new book during Advent, with nightly readings and lighting an advent wreath

Baking Christmas cookies

Caroling party – invite friends for an evening of soup and snacks, go out caroling in the neighborhood, come home to hot apple cider, coffee and dessert

Delightful Christmas books – pile

Home School is on Christmas break so Lisa decided to share some:

Cool Christmas Ideas With Children From A-Z

them in a pretty basket and spend the holidays curled up and reading

Entertain at home for elderly – they love seeing kids performing ANYTHING!

Favorite Christmas Movie night

Gatlinburg in the Smokey Mountains – take a daytrip and see the lights at night from the Trolley

Homemade Christmas gifts

Icing on sugar cookies – the ultimate treat for Santa!

Journal of what the kids want each year, and their reaction! Priceless

Kindle a fire, toast marshmallows and sip hot chocolate

Look at lights, pack a thermos of hot cider and take a drive

Mother Daughter Tea Party – invite your friends for Tea, Christmas cookies and scones

Nativity set – we have nativity sets everywhere and love to make new ones to celebrate Baby Jesus

Ornament party – have the neighborhood kids over and make ornaments for families who lost their homes in fires (we are from CA!) and to give as gifts.

Paper snowflakes – the coolest thing we did for our hotel Christmas, decorated it with cut paper snowflakes! We did these as children, it is fun to do

with our kids!

Quilt stockings – kids love quilts so quilt a stocking in their colors

Rest and relax a bit

St. Nick – find a beautiful picture book on St. Nick and share his history

Scrapbook and journal your Christmas season and read through each year! Stamp Christmas cards.

Traditions are the family glue

Under the tree photos with gifts and pets (scrapbook that!)

Vitamin C – for winter cold immunity

Window painting, wrapping paper – decorate your own this year

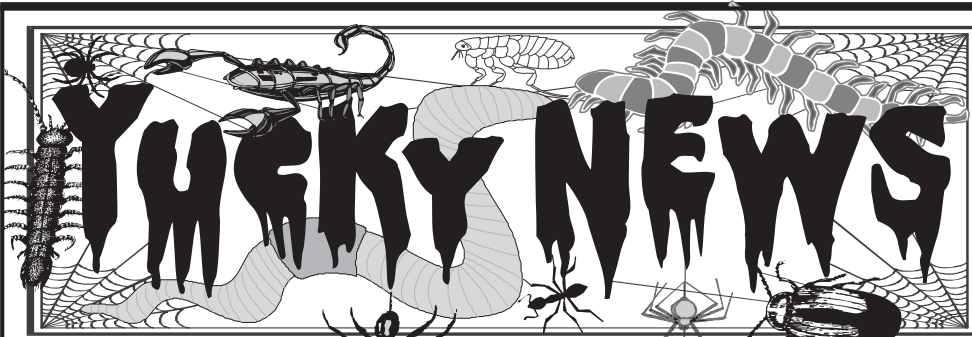
Xmas shopping day with the kids for siblings, Mom and Dad

Yule log, make, decorate, eat on Christmas Day

Zipping through the snow on a sleigh
-Build some new family traditions this year! And scrapbook them. May the Lord Bless you and keep you. Happy 2007! **FPT**

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

www.mybusinesshasnowwebsite.com



SNOT IS WONDERFUL!

It seems that everyone around us is getting sick. Colds and Flu are common this time of year. When you get sick there is one important, but yucky thing that we must deal with, SNOT! So we will study boogers together. Start out by pushing your 1st finger up you right nostril... **just kidding!**

The real name for snot is *Mucus*. Mucus is a thick, sticky, slimy substance that is found in and around many parts of your body. The most common place is inside your nose. In the nostril it's a thick, sticky, wet pudding-like (it is really gross to refer to snot as pudding like, don't you think?) gunk that coats the hairs and skin inside you nose. Mucus becomes very important with every breath that you take.

Each time that you take a breath, there are three very important things that happen.

1. The air that you breathe in is cleaned. The mucus traps little bits of dirt and dust and germs that come in through your nose.
2. As you breathe, the air is made slightly wet.
3. The next thing that takes place when air enters your nose is that the air is warmed. This happens because the blood flows through the lining of the nose and gives off heat.

Even though these three actions are to keep you healthy, germs can sometimes get into your respiratory system. The germs start growing in your nose, throat and lungs and You have a cold!

When you have a cold the linings of your nose and throat can swell. When swelling occurs mucus will begin to form. Its purpose is to wash away the germs. Often, the mucus builds up and blocks the air passages. This is what causes a stuffy nose and a cough.

When snot dries up and becomes flakey, we refer to it as Boogers. These small bits of dried mucus are filled with the junk that's in the air you breathe, Dust, pollen, germs, sand, fungi, smoke, small particles from outer space! The good thing about your mucus is that it helps trap all this junk and keep it from getting close into your lungs.

It seems like the main function of mucus, snot, boogers, whatever you want to call it is to trap particles, junk in the air inhaled through the nose and keep our lungs clean. Exhaling through the nose helps to expel, to push out the mucus with the trapped dirt in it. Our nose really acts like a vacuum cleaner for the air, and blowing our nose is like emptying the bag. Look at Jr. Scientist on page 15 to make your own snot and boogers. **FPT**

★ What do angry mice send to each other in December?
Cross mouse cards!

Sudoku last month's Really Hard answer

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

Hard answer from last month

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

Sudoku Easy Answer From last month

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



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which.

“ UF KUQ UCD HQS YUJNDSZCD NH UND ”

UFQJS KNII HFXFJ ONHW NS AHWFJ C SJFF.

If you need a clue look on page 18. Look for the answer next month. Roy L. Smith



Urbana, Ill., November 27, 2006—There's nothing better than gathering with friends and family for the holidays; eating, drinking, and putting up festive decorations. While enjoying this time of year, it is important to remember the potential hazards that certain goodies and décor can pose to our furry, feathered or scaly companions. To keep pets happy and healthy during the holiday season, The ASPCA Animal Poison Control Center is offering pet owners the following helpful hints:

- Holiday sweets with chocolate are not for pets. Depending on the dose ingested, chocolate (bakers, semi sweet, milk and dark) can be potentially poisonous to many animals. In general, the less sweet the chocolate, the more toxic it could be. In fact, unsweetened baking chocolate contains almost seven times more theobromine (a substance similar to caffeine) as milk chocolate. Vomiting, diarrhea, seizures, hyperactivity and increased thirst, urination and heart rate can be seen with the ingestion of as little as 1/4 ounce of baking chocolate by a 10-pound dog.

Deck The Halls, But Do It Safely!

ASPCA's Pet Poison Prevention Tips For the Holiday Season

- Keep your pet on its normal diet. Any change of diet, even for one meal, may give your dog or cat severe indigestion and diarrhea. This is particularly true for older animals that have more delicate digestive systems and nutritional requirements.
- Candies and gum containing large amounts of the sweetener xylitol can also be toxic to pets, as ingestions of significant quantities can produce a fairly sudden drop in blood sugar, resulting in depression, un-coordination and seizures. Be sure to keep such products well out of the reach of your pets.
- Don't give pets holiday leftovers, and keep pets out of the garbage. Poultry bones can splinter and cause blockages. Greasy, spicy and fatty foods can cause stomach upset; spoiled or moldy foods could cause food poisoning, tremors or seizures.
- Alcohol and pets do NOT mix. Place unattended alcoholic drinks where pets cannot reach them. If ingested, the animal could become very sick and weak and may go into a coma, possibly resulting in death from respiratory failure.
- Keep aluminum foil and cellophane candy wrappers away from pets. They can cause vomiting and intestinal blockage.
- Be careful with holiday floral arrangements. Lilies are commonly used this time of year and all varieties, including Tiger, Asian, Japanese Show, Stargazer and Casa Blanca can cause kidney failure in cats. Safe alternatives can include artificial flowers made from silk or plastic.

upsets and cardiovascular problems. Holly can cause vomiting, nausea, diarrhea and lethargy if ingested.

- Poinsettias are considered to be very low in toxicity. However, they could cause mild vomiting or nausea if ingested by your pet.
- Keep pets away from Christmas tree water. The water may contain fertilizers which, if ingested, can cause a stomach upset. Stagnant tree water can also act as a breeding ground for bacteria and if ingested a pet could end up with nausea, vomiting and diarrhea.
- Consider decorating your tree with ornaments that are relatively less enticing to pets, such as dried non-toxic flowers, wood, fabric or pinecones. Traditional decorations such as ribbons or tinsel, if ingested, can become lodged in the intestines and cause intestinal obstruction. This is a very common problem, particularly with cats.

FPT

A Cat's 12 Days of Christmas
On the twelfth day of Christmas
my human gave to me:
Twelve bags of catnip!
Eleven tarter Pounce treats,
Ten ornaments hanging,
Nine wads of Kleenex,
Eight peacock feathers,
Seven stolen Q-tips,
Six feathered balls,
Five MILK JUG RINGS!
Four munchy house plants,
Three running faucets,
Two fuzzy mousies,
And a hamste-e-er in a plastic ball!!!

Don't forget your best friend during the holidays



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- Common Yuletide plants such as mistletoe and holly berries can be potentially toxic to pets. Should a cat or dog eat mistletoe, they could possibly suffer gastrointestinal

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FATHER KNOWS BEST

By Chris Joker

I am invisible. O.K. not in the traditional "you can't see me" sense of the word but more in the electronic devices can't see me sense. I discovered this at an early age. When I walked up to one of those automatic doors at the grocery store... nothing happened. I used to jump up and down and wave like a fool in front of the electronic eye trying to get it to respond. It never did. I would wait until someone else would come along and sneak in with them. Soon people started talking about me waiting outside until a "visible" would come by like some sort of freak. I began going to the grocery store in disguises and standing outside looking at the newspaper stands to divert attention until a visible came by. Truth be told one of the reasons I got involved with Family Pastime

Magazine was so that I could pretend to put refills in the magazine stands outside grocery stores until a visible came by. That worked fine until some stores had us put the stands inside. Now I'm just a freak standing outside a grocery store with a stack of a hundred Family Pastime Magazines trying to look inconspicuous while I wait on a visible to open the door. On the plus side I have sold several copies to people outside the store. Which is no small task since it says right across the top FREE. You may be thinking, big deal you can't get into grocery stores without assistance and you're right its not that big of a deal. Fortunately for me this invisibility thing seems to skip a generation so I almost always shop with my children. That solves my grocery store issue however as much as I would like it my children cannot be with me 24/7. A lot of times my children cannot be with me when I fly. So imagine how much suspicion I arise at the airport. I have gotten around this by bringing a huge suitcase.

Even if I am only going for a day or two I bring a suitcase the size of a small RV. I have to hide behind the suitcase so that the sensor will see it and let me through. Now of course at check-in I have to explain to the checker that I am planning on buying a lot of things on my trip so that is why my suitcase is so big and empty or on the return trip I have to explain that I had lots of gifts in it when I left home. One time I tried to be honest and tell the woman behind the counter that I am invisible. She saw to it that I truly was invisible...on that flight anyway.

Over the years my powers of invisibility have grown. Now it's not only automatic doors because in the modern public restroom we have (and when I say "we" I mean you because I am invisible) automatic flushing toilettes. These are a marvel of modern technology. No longer do we have to touch a germ encrusted flush knob in a public restroom nor do we have to balance precariously so that we may flush it with our foot. A bit of a side note on this, When

Please see "I'm Invisible" on page 17

See Dr. Livesay for help with:

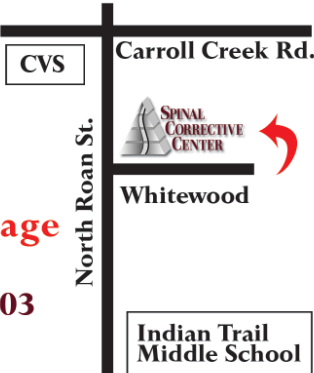
- carpal tunnel
- low back pain
- headache
- fibromyalgia
- neck pain
- sciatica



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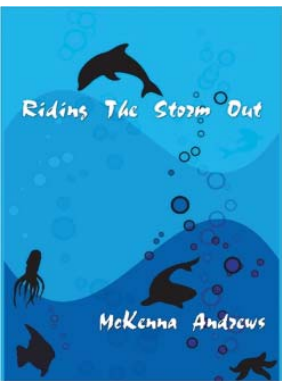
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Braggin' Rights "Braggin rights" is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things "above and beyond". Its not for money or fame, they do them because, "That's what you do". Well we at **Family Pastime Magazine** would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights at Family Pastime** P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to **bragginrights@familypastime.com**
Please send us information about someone you know we should include in "braggin rights!"



I want to share my daughter's amazing accomplishment
My 10-year-old daughter McKenna wrote and self published a book at just the young age of 9. The book is

entitled, "Riding The Storm Out."

Riding The Storm Out is a 73 page story

about McKenna's friends - The Marine Life Dolphins of Gulfport, MS who were swept from their aquarium and out to Sea by Hurricane Katrina. McKenna writes the story from the dolphins perspective, what they may have seen, adventures they may have had and etc.
She has her own website: www.mckennaandrews.com. This site has lots of info.
Her book hit #1 on her Lulu.com a self-publishers website in April and even garnered a commendation letter from President Bush as well as national media notoriety.

Mississippi Magazine, Chicken Soup For the Kids Soul Magazine, Today's MS Woman, in the Mississippi ETV program "Beyond Katrina" and is being featured in the upcoming Winter Edition of G9Girl Magazine.
She is working on a song about the dolphins also entitled "When We Were Kings" you can hear a sample of it on her website just click the about the author section.
The book has sold approximately 1200 copies since it's launch in March of this year.
What a great motivator to children a book by a child author!
Mike Andrews Kingsport, TN

She has also appeared in

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THE Magazine for the **WHOLE** Family

Homemade Ornaments

A fun way to decorate and be creative is with salt dough. It can be colored, painted and glued, and it is very malleable. After mixing the dough, you can roll or cut it into different shapes which, after baking, can be painted with acrylic or poster paints, and further decorated with glitter, glued-on rhinestones or other whatever suits you.

Basic Salt Dough for Ornaments

SUPPLIES:

- 1-3/4 cup hot water
- 1 cup salt



→ 4 cups all-purpose flour

HOW TO:

1. Mix the water and salt and let sit for a minute or so to allow some of the salt to dissolve.
2. In the bowl of an electric mixer, slowly add the flour to the salt water, and mix all together until smooth and pliable.
3. Cover the dough with plastic wrap and let rest for about 5 minutes.
4. Roll out to a 3/4-inch thickness on a floured surface and cut into shapes with cookie cutters.
5. Place the dough ornaments on a non-stick baking sheet and bake in a 300-degree oven for an hour. Remember, you do not want them too dark in color or it could interfere with the decorating.
6. Let the dough ornaments cool completely.
7. Paint and decorate them as you like. Makes about 2 dozen pieces.

DO NOT EAT THESE! FPT

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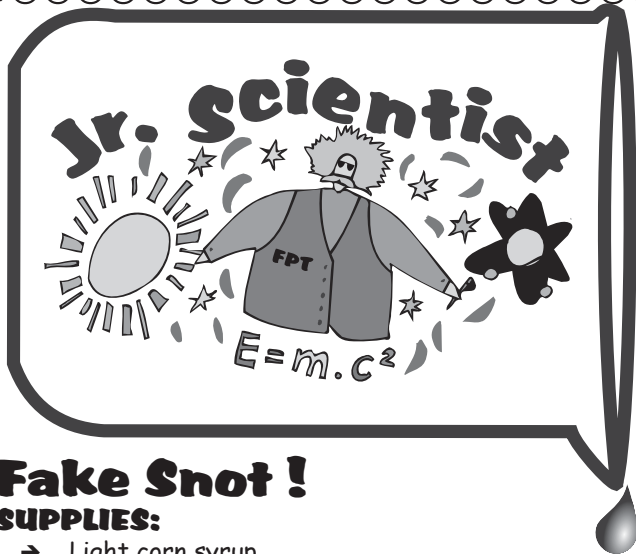
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ALWAYS WEAR SAFETY GOGGLES, READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION! By: Family Pastime Staff



Fake Snot !

SUPPLIES:

- Light corn syrup
- Unflavored gelatin
- Measuring cup
- Water
- Microwave oven or stove
- Permission from your family to cook in the kitchen, or family help.

HOW TO:

1. Heat 1/2 cup water just until it boils.
2. Remove the heat.
3. Sprinkle in 3 envelopes of unflavored gelatin.
4. Let it soften a few minutes and stir with a fork.
5. Add enough corn syrup to make 1 cup of thick glop.

6. Stir with the fork and lift out the long strands of gunk.

7. As it cools, you'll need to add more water, spoonful by spoonful.

SO WHAT:

Mucus is made mostly out of sugars and protein. That's what you used to make your fake snot, only you used different proteins and different sugars. Did you see those long, fine strings inside your fake snot when you lifted out the fork?

Those strands are proteins. They're why real snot can be stretched out real long. The protein helps make it sticky, too. (The protein in your fake snot is gelatin.)

Build Some Boogers !

SUPPLIES:

- The fake snot you just happen to

have made.

HOW TO:

1. Ask someone who knows to show you the right way to change the vacuum cleaner bag. (You can sell everyone on the idea of doing this experiment because you'll now be able to help out around the house.)

2. Go outside with the dirt bag and your fake snot. Blow a bit of the dust from the vacuum cleaner. It's very fine and is a bad thing to breathe into our bodies.

3. Dump a pinch of the finest dust onto your fake snot. Now stir it up. Look closely into the goop from the side. You just made fake boogers!

SO WHAT:

The fine dust got trapped and suspended in the thick fake snot. That's the idea of having mucus in your nose.

We use it to trap all the dust, pollen and junk that's floating in the air. Sometimes when you blow your nose, out comes gross black stuff. It's usually mucus with trapped dust.

It's healthier to keep that kind of dirt outside of our bodies. And with the miracle of snot on guard, most of the junk is trapped and then blown out in boogers! **FPT**

Gift Art

Continued from page 1

faithful mug or T-shirt, some fun choices include calendars, mousepads, plates, aprons and ornaments - all personalized with favorite photos. There are also some newer, even more creative picture gifts: cotton blankets or pillows with a picture of the kids or family pet, jewelry, wall clocks, toys and even games such as photo jigsaw puzzles and playing cards. Almost anything can be made from digital images.

So, what's the easiest way to create and buy your photo gifts? There are multiple Web sites for creating and purchasing

them, but to guarantee quality and to avoid shipping costs, you should look to ones that have a store affiliation, such as CVS/pharmacy. Its online photo site, CVS Photo Center (www.cvsphoto.com), gives customers a variety of high-quality holiday greeting cards and personalized gift choices and the convenience of picking items up while buying stocking stuffers, gift wrap and tape.

Lowering your overall shopping stress requires a little forethought and creativity, but it will be well worth it to enjoy the special season. **FPT**

Instructions on page 21

SUDOKU Medium

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

Famous Artichoke Dip

SUPPLIES:

- 1 14-oz can artichoke hearts, chopped
- 1 cup light mayonnaise
- 1 cup Parmesan cheese, grated
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic salt
- salt and pepper to taste

HOW TO:

1. Mix together and bake at 350 for 30 minutes uncovered.
2. Serve with bread or party crackers.

Granola Bars

SUPPLIES:

- 4 cups quick cook oatmeal, unprepared
- 3/4 cup chocolate chips
- 3/4 cup grated coconut
- 3/4 cup chopped nuts/dried fruit
- 3/4 cup honey
- 3/4 cup peanut butter
- Milk as needed

HOW TO:

1. Mix all ingredients together in a large bowl, adding small amounts of milk until the dough begins to stick together.
2. Press mix into well greased large baking pan that has a 1/2 inch lip on the edge.
3. Bake at 325 for 40-45 minutes or until the edges just start to brown.
4. Cut into desired size bars while still hot but do not remove from pan until completely cool.

NOTE: Chocolate chips, coconut and chopped nuts/dried fruit may be taken out and replaced with other ingredients of your choice. Also, if there is a peanut allergy, the peanut butter may be omitted and the honey doubled.

No Bake Peanut Butter Balls

SUPPLIES:

- 1/2 cup peanut butter
- 1/2 cup honey
- 1 cup crushed corn flakes cereal
- 2 tablespoons powdered milk

HOW TO:

1. Set corn flakes aside.
2. Mix all other ingredients well.
3. Roll into balls.
4. Roll balls in Cornflakes until covered.
5. Refrigerate leftovers!!

Kid Friendly Recipes



Turkey Shepherd's Pie

SUPPLIES:

- 2 cups cubed cooked turkey
- 3/4 cup turkey gravy
- 1 cup shredded carrots
- 2 cups prepared stuffing
- 1 (15.25 ounce) can whole kernel corn, drained
- 2 cups warm mashed potatoes

HOW TO:

1. In a greased 2-qt. baking dish, layer the turkey, gravy, carrots, stuffing and corn.
2. Top with potatoes.
3. Bake, uncovered, at 325 for 45-50 minutes or until edges of potatoes are browned.

Potato Pancakes

SUPPLIES:

- 1 egg
- 2 onions, peeled and diced
- 6 potatoes, peeled and diced
- 1 TBS salt
- 1/4 tsp pepper
- 1/2 cup matzo meal
- Oil for frying

HOW TO:

1. In a blender, combine egg, half of 1 onion and 2 diced potatoes.
2. Blend until gloppy.
3. Pour into a large mixing bowl.
4. Repeat until all potatoes and onions are blended.
5. In another bowl, mix salt, pepper and matzo meal.
6. Add matzo meal mixture to potato, egg and onion mixture.
7. Mix well.
8. Pour enough oil into a large skillet to generously coat the bottom.
9. Heat the pan to medium and add batter by spoonfuls; each pancake requires approximately 2 heaping tablespoons.
10. Cook pancakes until edges are brown.
11. Turn with a spatula and brown the other side.
12. Remove from pan and place on paper towels to drain.

Buffalo Chicken Bites

SUPPLIES:

Sauce

- 4 1/2 TBS unsalted butter
- 1/2 cup hot sauce (Texas Pete, Tabasco)
- 1 TBS dark brown sugar
- 1 tsp rice vinegar

Seasoning

- 3 tsp cayenne pepper
- 1 tsp ground black pepper
- 3 tsp Kosher salt
- 1/2 cup flour
- Chicken Bites
- 1 cup peanut oil
- 1 1/2 pound boneless chicken breasts, cut into small bite-sized pieces
- Cut up celery and carrot sticks
- 1 cup blue cheese dip or salad dressing

HOW TO:

SAUCE

1. Melt the butter in a small saucepan over low heat.
2. Whisk in the hot sauce, sugar and vinegar until combined.
3. Remove from the heat and set aside.
4. Taste and adjust seasonings, if desired. (Add melted butter for a mild flavor or add some hot sauce for spicier.)

Seasoning

1. Mix together the cayenne pepper, black pepper, salt, and flour on a plate.
2. Place chicken into flour and press down to adhere the flour.
3. Place peanut oil in a deep fryer or skillet--over medium-high heat (375).
4. Remove chicken from the flour, shaking off any excess and place in hot skillet, in a single layer without crowding.
5. Fry, turning once until golden crisp on all sides, about 2 to 3 minutes per side, depending upon heat of the oil. The oil will get hotter over time, so the second batch will cook faster--adjust the heat accordingly.
6. Remove the chicken from the oil and drain on paper towels.
7. Repeat steps with remaining chicken.
8. If you would like to keep some chicken plain, set those pieces to the side.
9. Transfer the remaining chicken to a large mixing bowl, pour the sauce over the chicken and toss until coated.
10. Pour off and reserve excess sauce.
11. Serve chicken bites with cut up celery and carrot sticks and blue cheese dip.

Quit Smoking in 2007

You Can Quit Smoking

If you have tried to quit smoking, you know how hard it can be. Nicotine is a very addictive drug, and usually people make two or three tries, or more, before they successfully quit. Each time you try to quit, you can learn what works for you and what situations are problematic. Using proven cessation treatments can double your chance of success.

Five Keys for Quitting Smoking

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get Ready

- Set a quit date.
- Change your environment.
- Get rid of ALL cigarettes and ashtrays in your home, car, and place of work.
- Don't let people smoke around you.

I'm Invisible!

Continued from page 12

my daughter was younger (old enough to walk and use the potty) I took her into the stall of a public restroom. After she finished her "business" I was going to flush the potty (back in the day BEFORE the modern automatic flusher), she said "No, Daddy. I will do it." She must have seen my bathroom acrobatics at some time because she was going to use her foot. Now bear in mind she is barely taller than the toilette herself so she puts her hands on the bowl to steady herself and reaches up with her foot. Four packages of baby wipes, two bars of soap and a container of hand sanitizer later, I explained to her why this was not so much a good idea. O.K. so now we have the new auto-flusher toilette, which, as you might expect, I am invisible to. So now when I finish my "business" ... nothing. There isn't even a manual back up. Believe me this is not a time to ask someone to come in and help

- Review your past attempts to quit.
- Think about what worked and what did not.
- Once you quit, don't smoke—NOT EVEN A PUFF!

2. Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways —

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out where you can see them.
- Talk to your health care provider (e.g., doctor, dentist, nurse, pharmacist, psychologist, or smoking cessation coach or counselor).
- Get individual, group, or telephone counseling. Counseling doubles your chances of success.
- The more help you have, the better your chances are of quitting. Programs

- are available at local hospitals and health centers free. Call your local health department for information about programs in your area.
- Telephone counseling is available at 1-800-QUIT-NOW.

3. Learn New Skills and Behaviors.

- Try to distract yourself from urges to smoke.
- Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine.
- Use a different route to work.
- Drink tea instead of coffee.
- Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4. Get Medication and Use It Correctly

Medications can help you stop smoking and lessen the urge to smoke. The U.S. Food and Drug

Please see "Quit Smoking" on page 20

you flush. On more than one occasion I have been washing my hands and heard the next person who entered the stall after me shout "How rude!" I reply, "Sorry, I'm invisible." "Yeah right, jerk!" This all changes when they leave the stall and observe "invisible man" standing in front of, you guessed it, an automatic (for visibles) sink. There I am all soaped up with no way to get the soap off. Oh sure some of you may be thinking, just wipe it off with a paper towel. Have you people not been living in the world of the modern automatic public restroom???? Hello, motion detector towel dispensers and believe me you DO NOT want to use one of those hot air hand dryer blower machines on plain soapy hands.

I have discovered that I am not alone. There are others with this strange power of invisibility. I was going to set up some sort of support group but then I thought that we would probably end up meeting at a coffee shop which would lead to

drinking coffee which would lead to the need to use the restroom which, of course would lead to no good. So I have shelved the support group idea but to those of you who share in this strange power let me just say "Hand sanitizer". Hand sanitizer has become one of "invisible man's" best friends, and makes a great stocking stuffer. **FPT**





Fun Family Events DECEMBER



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. Day With(out) Art Day, World Aids Day
Piney Flats Rocky Mount Candlelight Christmas 4:30p-8:00p Reservations are highly recommended. Cost: \$7.00-adults- \$5.00 -ages 3-17 phone: 538-7396
Hands On: Art/Crafts - Egyptian Frieze: Design a small mural using watercolors.
2. Coats for Kids Day, Special Education Day
Sycamore Shoals Workshop: Begin Needle Felting 10 am – 12:30 pm Cost: \$25.00.
Bristol The Public is Invited To Submit Greetings For Upcoming Sesquicentennial Time Capsule "Postcards To The Future" available at the Bristol Public Library **Dec. 2-17**
Piney Flats Rocky Mount Candlelight Christmas 4:30p-8:00p Reservations are highly recommended. Cost: \$7.00-adults- \$5.00 -ages 3-17 phone: 538-7396
Hands On: Art/Crafts Egyptian Frieze: Design a small mural using watercolors.
JCPL Family Storytimes 2 PM
3. International Day of Disabled Persons
Sycamore Shoals Winterfest Christmas Tree Exhibit & Art Show Opening Reception! 1:30 pm Then Monday – Saturday 8:00 am - 4:30 pm Sunday 1:00 pm - 4:30 pm Workshop: Quick Knit Holiday Gifts 1– 4 pm Cost: \$20.00 plus supplies 423-543-5808
Hands On: Art/Crafts Egyptian Frieze: Design a small mural using watercolors.
4. Chase's Calendar of Events Birthday, Extraordinary Work Team Recognition Day, National Dice Day
Hands On: Art/Crafts: Dazzling Jewels: Learn about ancient Egyptian jewelry make a bracelet or necklace.
5. Bathub Party Day, National Communicate with Your Baby Day
Hands On: Art/Crafts: Dazzling Jewels: Learn about ancient Egyptian jewelry make a bracelet or necklace.
JCPL Two's Time (age 2) 10:00 AM *by Registration only Preschool Pals (age 3-5) 11:00 AM - *by Registration only K-1 Story Stretchers (K-1st Grade) 4 PM *Please Register
6. National Pawnbrokers Day, Special Kids Day, St. Nicholas Day
Hands On: Art/Crafts: Dazzling Jewels: Learn about ancient Egyptian jewelry make a bracelet or necklace.
JCPL Two's Company (age 2) 10:00 AM Preschool Storytimes (age 3-5) 11:00 AM
7. National Pearl Harbor Remembrance Day, International Civil Aviation Day, National Cotton Candy Day
JCPL Two's Company (age 2) 10:00 AM Preschool Storytimes (age 3-5) 11:00 AM K-1 Story Stretchers (K-1st Grade) 4 PM* Please Register
8. **Johnson City** Youth Ballet "The Nutcracker," 7:30 p.m., at the Veterans Administration Memorial Theater.
Sycamore Shoals Christmas at the Carter Mansion

6:00 pm – 9:00 pm
Hands On: Art/Crafts: Dazzling Jewels: Learn about ancient Egyptian jewelry make a bracelet or necklace.
Piney Flats Rocky Mount Candlelight Christmas 4:30p-8:00p Reservations are highly recommended. Cost: \$7.00-adults- \$5.00 -ages 3-17 phone: 538-7396
9. Day Of The Horse, International Shareware Day, Weary Willie Day
Jonesborough Christmas Parade downtown Main Street. 6 p.m.
Sycamore Shoals Christmas Garrison at Fort Watauga 10:00 am - 4:00 pm
Hands On: Super Santa Saturday This is a wonderful family event
Piney Flats Rocky Mount Candlelight Christmas 4:30p-8:00p Reservations are highly recommended. Cost: \$7.00-adults- \$5.00 -ages 3-17 phone: 538-7396
Johnson City Youth Ballet "The Nutcracker," 7:30 p.m., at the Veterans Administration Memorial Theater.
Hands On: Art/Crafts: Dazzling Jewels: Learn about ancient Egyptian jewelry make a bracelet or necklace.
JCPL Christmas Crafts Workshop 11AM & 1PM *Please Register
 Bilingual (Spanish/English) Storytime 2:00 PM
Kingsport Renaissance Center Arts Council Arts4Kids workshop. 1 p.m., create a holiday card using basic printmaking techniques.
10. Human Rights Day
Sycamore Shoals Christmas Garrison at Fort Watauga 10:00 am - 4:00 pm
Hands On: Art/Crafts: Dazzling Jewels: Learn about ancient Egyptian jewelry make a bracelet or necklace.
11. International Mountain Day
Hands On: Art/Crafts: 11-17 Mysterious Messages: Hieroglyphics Learn and create a special message
JCPL Family Storytimes 6:30 PM
12. Gingerbread House Day, Poinsettia Day
JCPL Two's Time (age 2) 10:00 AM *by Registration only Preschool Pals (age 3-5) 11:00 AM - *by Registration only B & C's - Book & Craft (grade 2-5) 4 PM *Please Register TEEN Game Night 6:30 PM - *Please Register
13. Pick a Pathologist Pal Day
JCPL Two's Company (age 2) 10:00 AM Preschool Storytimes (age 3-5) 11:00 AM "Breaking the World Record w/ Charlotte's Web" 11:45
14. **JCPL** Two's Company (age 2) 10:00 AM Preschool Storytimes (age 3-5) 11:00 AM B & C's - Book & Craft (grade 2-5) 4 PM *Please Register
15. Bill of Rights Day, Cat Herders Day, Underdog Day
16. Barbie and Barney Backlash Day, National Chocolate-covered Anything Day
Chanukah: 16-23 Posadas: 16-24
Warriors' Path State Park. Adopt A Tree. For each tree seedling you help plant in the park, you get to take

one home to plant. 423-239-8531
JCPL Family Storytimes 2 PM
17. Wright Brothers Day
JCPL Movie Theater Library — Polar Express 2:00 PM
18. International Migrants Day
Hands On: Art/Crafts: 18-23 - If You Were an Animal... The Great Sphinx sculpture in Egypt has the head of a person with the body of a cat. Draw your head onto the body of an animal that you would like to be.
JCPL Family Storytimes 6:30 PM
19. **JCPL** Christmas Music with Central Baptist Bell Choir 6:30 PM
JCPL Two's Time (age 2) 10:00 AM *by Registration only Preschool Pals (age 3-5) 11:00 AM - *by Registration only K-1 Story Stretchers (K-1st Grade) 4 PM *Please Register TEENS Gingerbread House Decorating 6:30 PM *Please Register
20. Sacagawea Day, Mudd Day
JCPL Two's Company (age 2) 10:00 AM Preschool Storytimes (age 3-5) 11:00 AM
21. Forefathers Day, Humbug Day, Phileas Fogg Win A Wager Day, World Peace Day/Winter Solstice
JCPL Two's Company (age 2) 10:00 AM Preschool Storytimes (age 3-5) 11:00 AM Explorers (K-5) -4 PM *Please Register
22. Abilities Day
23. **Jonesborough** Christmas Contra Dance with Toss The Possum, Visitors Center 8 pm - 11 pm
24.
25. A'Phabet Day or No "L" Day
26. Boxing Day: 26 (Canada), National Candy Cane Day, National Whiner's Day
Hands On: Art/Crafts: 26-31 - Decorate a sarcophagus for a king or queen.
Hands On: 26-29 - Winter Break Camp 9a-noon (423) 434-HAND
27. **Hands On: 26-29** - Winter Break Camp 9a-noon (423) 434-HAND
28. Pledge of Allegiance Day, National Chocolate Day: 28 & 29
Hands On: 26-29 - Winter Break Camp 9a-noon (423) 434-HAND
29. Tick Tock Day, No Interruptions Day, National Chocolate Day: 28 & 29
Hands On: 26-29 - Winter Break Camp 9a-noon (423) 434-HAND
30. Falling Needles Family Fest Day
31. **NEW YEAR'S EVE** Leap Second Time Adjustment Day, Make Up Your Mind Day, One Voice Day, Universal Hour of Peace Day, World Peace Meditation Day

Across

1. He checks this twice
6. Deck the halls with boughs of this stuff
8. It shakes like a bowl full of jelly
11. The red nosed reindeer
12. Where Santa lives
14. Has lovely branches
16. What you better not do
17. Santa's little helpers
19. Five golden _____
20. He is coming to town
22. We wish you a _____ Christmas
23. Tops our tree
24. Hung by the chimney with care
26. We dream of this kind of Christmas
29. We won't leave until we get some
30. Santa knows if you have been bad or _____
32. When they ring are you listening?
33. Santa's favorite phrase
34. 'Tis the season to be

Down

2. We dash through this in a one horse open sleigh
3. 3 French _____
4. All I want for Christmas
5. Sits in a pear tree
7. They are dancing
9. We make and decorate this kind of house at Christmas
10. Roast them on an open fire
13. Santa has twelve of these
14. A treat for Santa
15. Circular decoration often hung on doors
18. Its what counts
21. Visions of these danced in our head
23. What you will hear on every street corner
25. A minty Christmas treat
27. A kissing plant
28. Sits on a gift
30. He tried to steal Christmas
31. With a corn cob pipe and a button nose and two eyes made out of coal.

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



**Sudoku
Medium
answer
from last
month**

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

- What happens if you eat too many Christmas decorations? You get "Tinsel"-itis!
- What kind of Christmas tree comes from Hawaii? "O Tanning Palms"!
- What's the favorite Christmas Carol of new parents? Silent Night!

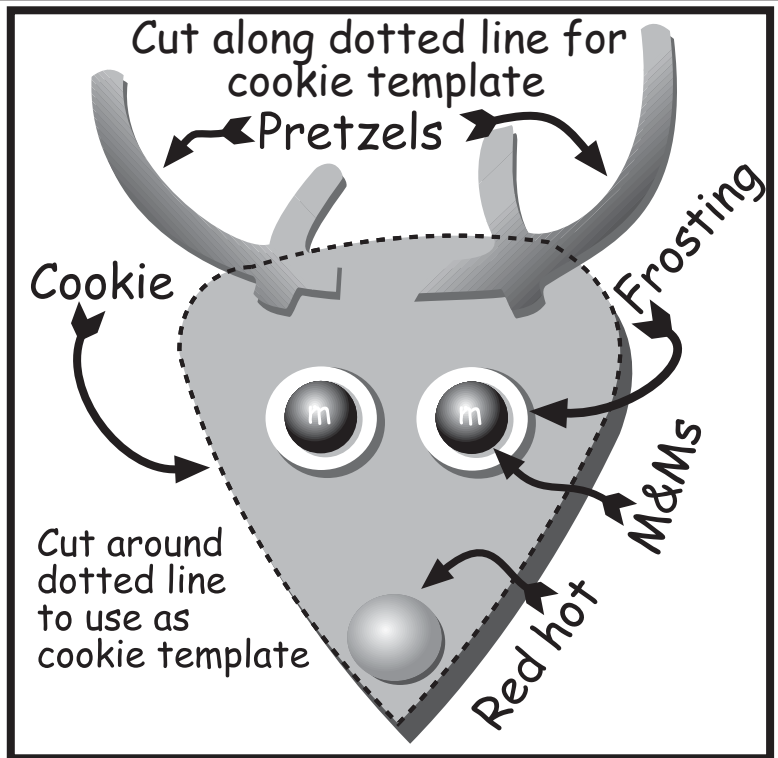
Rudolph the Red-nosed Cookie

SUPPLIES:

- Make a batch of cookie dough with the Fool-proof recipe on page 20 use store-bought dough
- 3-inch-long teardrop cardboard pattern made with template on this page or suitable cookie cutter.
- Pretzels
- Cookie Frosting
- M&M's
- Red hot

HOW TO:

1. Roll cookie dough to a 1/4-inch thickness.
2. Use template to make cardboard pattern.
3. Set the cardboard pattern on the dough. With the point of a sharp knife (adults only), cut out reindeer's head or use suitable cookie cutter.
4. Bake as directed in recipe or on package.
5. Let cool. Break apart the pretzels to form antlers and attach them at the top of the reindeer's head with dabs of frosting.
6. Add M&M eyes
7. Add the red hot nose.



Quit Smoking

continued from page 17

Administration (FDA) has approved seven medications to help you quit smoking:

- Bupropion SR—Available by prescription.
- Nicotine gum—Available over-the-counter.
- Nicotine inhaler—Available by prescription.
- Nicotine nasal spray—Available by prescription.
- Nicotine patch—Available by prescription and over-the-counter.
- Nicotine lozenge—Available over-the-counter.
- Varenicline tartrate – Available by prescription.
- Ask your health care provider for advice and carefully read the information on the package.
- All of these medications will double your chances of quitting and quitting for good. Nearly everyone who is trying to quit can benefit from using a medication. However, if you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition,

talk to your doctor or other health care provider before taking medications.

5. Be Prepared for Relapse or Difficult Situations

- Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. The following are some difficult situations you may encounter:
 - Alcohol. Avoid drinking alcohol. Drinking lowers your chances of success.
 - Other Smokers. Being around smoking can make you want to smoke.
 - Weight Gain. Many smokers will gain some weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking. Some quit-smoking medications may help delay weight gain.
 - Bad Mood or Depression. There are a lot of ways to improve your mood other than smoking. Some quit-smoking medications also lessen depression.

The following information may be

helpful to your efforts. If you're looking to quit, we encourage you to contact 1-800-QUIT-NOW or www.smokefree.gov for additional support.

If you are having problems with any of these situations, talk to your doctor or other health care provider. **FPT**

Courtesy of the CDC

SUDOKU EASY

Instructions on page 21

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

J O C I I J R E I N D E E R Y T C H P D U S Y P G D P M I B
 R E L H T U D W D O H G P H A N U K K A H Y S E L P N T Z Y
 L O F Z E F I U I I I A A Z N A W K T C Y T F S X E L Y V A
 Q B S S V S Q L M I U O D C B T R H E D U S O B X Q G K Z E
 I M W E S T T S U N K U J U Z K D G C Z D E S C Z X B N Z F
 D R V S N S D N E I P M Y T W O F R O N T T E E T H Y E A Z
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 C H H A Q V F H R T L Y N U W N D Q N E F V X B X X L K W O
 V N R H N S O K R J S E A K J W H P L O D U R J Y S U N L F
 D V I K J R S Y E E G Z Y E C H R I S T M A S C A R O L S R
 B X S K P U B Y F B E M B B Q A X U Y A J E Z P D V K O D L
 I S T W N R O D I A I R X L P U S J I N G L E B E L L S X T
 L P M I C I U K S N Z S T E I E N A C Y D N A C W U F N S F
 U T A W A V G F S V X Q K S C T H H C T H E G R I N C H R C
 Q D S F A D H U V N T S A P A W Z V G F L S S B L N V A F U
 T J C R M H S G G W Z A P S Q M K E D P Q B G M V O N F W L
 P R A G Z D O G O D U N Q J Z E T K N Z F Y N N O K R O F A
 N M R Y X X F Z P V A T O H N O I S Z H L R L H I H W N V Z
 A C D A O L H J X N E A D P H N I F I Q A T U N S K L P K R
 G N S K J Q O N F N L C D K A F Q V M R V R C I N J C I T P
 X U F I E V L S N Y J L I R F G T N B P H E O L T H L O S V
 D G Y Y G H L Y E S D A A A T V D K A O N C G N P C Q U T T
 T E G W G C Y E V C B U R C F L K R S S B Q O U E Y A R I S
 N S O F N F Q T K Q O S E D N N R W E G O H F Y G M K K J R
 L C L Z O B H G V N A M W O N S E H T Y T S O R F F K N E Y
 N F D Y G D F K V Q D S R M D H J O P S K Z B U T Q O B U C
 H P T J S P R I D D Q R F X G D R E I D E L M Q O K V E Q N
 I V S R F H R R Y M X W U Q B I N S K A N N X O B A K I A W
 Z R E W C N T M B W B I Z E M E T L U P O I N S E T T I A S
 P Z X P L E S N I T W J W U B X U N B Y D Y J W A T H V W L

White Rose

Continued from page 5
 where the family had disconnected the life support and the young woman had died. I could not forget the little boy and just kept wondering if the two were somehow connected. Later that day, I could not help myself. I went out and bought some white roses and took them to the funeral home where the young woman was. And there she was holding a lovely white rose, the beautiful doll, and the picture of the little boy in the store.

I left there in tears, my life changed forever. The love that little boy had for his little sister and his mother was overwhelming. And in a split second a drunk driver had ripped the life of that little boy to pieces. **FPT**

- What did Santa say to Mrs. Claus on Christmas Eve?
Looks like rain, dear.
- What nationality is Santa Claus?
North Polish
- What do you call Santa with no money?
St. Nickel-less

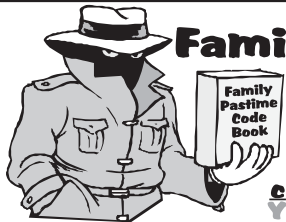
Words may be forwards, backwards horizontal, vertical or diagonal.

- | | | | |
|------------------|--------------------|-----------------|-----------|
| Santa Claus | Chestnuts | The Grinch | Fruitcake |
| Rudolph | Jingle bells | Tinsel | Reindeer |
| Christmas carols | O Christmas tree | Christmas cards | Blitzen |
| Candy cane | Boughs of holly | Frankincense | Hanukkah |
| Stockings | Frosty the Snowman | Myrrh | Menorah |
| List | My two front teeth | Gold | Dreidel |
| Mistletoe | Eggnog | Poinsettias | Kwanzaa |
| Star | Angel | | Elves |

SUDOKU HARD

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

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



Family Crypto-Time Last month's answer

"Nothing purchased can come close to the renewed sense of gratitude for having family and friends."
 GQJVRGB DHKYVFEOT YFG YQZO
 YNQEO JQ JVO KOGOLOI EOGEO QW
 BKFJRJHIO WQK VFCRGB WFRNA FGI WKROGIE.

Courtland Milloy

How to Handle Holiday Stress

Cousin Bob, his wife, five kids and their Great Dane will be visiting the week between Christmas and New Year's. You drew your boss' name for the office gift exchange. And you still have no idea what to give your very picky mother-in-law. Can you say "holiday stress?"

Americans have nearly as many sources of stress as we have places to holiday shop -- from cell phone use to job worries and family issues. And the holidays can be a particularly stressful time of year for many, as we try to

juggle the complicated reality of life with our idealized image of what the holidays should be.

"Stress can lead to feelings of fatigue, helplessness, or even hopelessness and depression," says Dr. Robert Berkow, editor in chief of *Your Health Now*, a consumer health magazine published by Merck & Co., Inc. "Studies have shown that people under a heavy burden of stress are also more likely to get sick."

It is important that people experiencing symptoms of stress know that it can be managed. Here are some of the most reliable, proven and effective ways to handle situations that may cause you stress:

- Push past procrastination. Avoiding tasks that are unpleasant or for which you feel incompetent simply creates

more stress - a vicious circle. Still having failure to launch? Make a list of what you need to do and start with the easiest item, so you don't feel you're heading into a massive undertaking.

- Be assertive. Sometimes we get in over our heads because we don't feel able to say no when the boss asks us to take on more responsibility or the local charity asks for leadership. But there's often more room for negotiation than you might think.
- Put your rage in writing. Getting your feelings down on paper reduces their intensity and can help you gain a calmer perspective. When you're finished writing, tear up the paper and throw it away. The key is that no one will ever see it, which allows you to put down things that you wouldn't write otherwise.

- Revel in relaxation. There are many techniques: Guided imagery is a technique in which a CD provides a recorded voice to take you on an imaginary journey to tranquil settings. You'll be asked to engage different pleasant sensations as you imagine sights, sounds and people. At the Cleveland Clinic Heart and Vascular Institute in Ohio, surgical patients are given guided imagery CDs to listen to before -- and even during -- their operations. Such recordings ease stress and are linked with fewer complications, faster recovery and less pain.

Progressive muscle relaxation involves slowly tensing and then releasing muscle groups one at a time, starting with the muscles in the toes and finishing with those in the head.

Popular forms of meditation in the United States include transcendental

meditation (repeating a mantra, a single word or phrase) and mindfulness mediation (focusing your attention on moment-by-moment thoughts and sensations).

Other techniques worth trying: yoga, massage, spending time at a spa or taking a vacation.

- Laugh a little. Humor usually involves interacting with friends and family or recalling times when you were with others - and research suggests that having a good social network helps to take the edge off tension.
- Seek a skilled counselor. To really clarify what's stressing you and get help to modify your responses, talk with a social worker, psychologist, psychiatrist or minister.

To learn more about the effects of stress and other health conditions, visit YourHealthNow.com. To sign up for a free subscription to this bi-monthly consumer health magazine, call (888) MERCK-38 (888-637-2538). Merck publishes *Your Health Now* as a free service to the community. **FPT**

Courtesy of ARA Content

Children's Interpretations of Christmas Carol Lyrics

- We three kings of porridge and tar.
- On the first day of Christmas my tulip gave to me.
- Later on we'll perspire, as we dream by the fire.
- He's t' a list, chicken and rice.
- Noel. Noel. Barney's the king of Israel.
- With the jelly toast proclaim.
- Olive, the other reindeer.
- Frosty the Snowman is a ferret elf, I say.
- Sleep in heavenly peas.
- In the meadow we can build a snowman, then pretend that he is sparse and brown.
- You'll go down in Listerine.
- Oh, what fun it is to ride with one horse, soap and hay.
- O come, froggy faithful.
- You'll tell Carol, "Be a skunk, I require."
- Good tidings we bring to you and your kid.



Put Magnet here

BIG ORANGE

Put Magnet here

2006 Football Schedule



Date	Opponent	Location	TV	Time	Outcome
Sept. 2	California	KNOXVILLE	ESPN	5:30 PM	W 35-18
Sep. 9	Air Force	KNOXVILLE	PPV	7:00 PM	W 31-30
Sep. 16	Florida	KNOXVILLE	CBS	8:00PM	L 21-20
Sep. 23	Marshall (hc)	KNOXVILLE	PPV	4:00PM	W 33-7
Sep. 30	Memphis	Memphis	ESPN	NOON	W 41-7
Oct. 7	Georgia	Athens	ESPN	7:45	W 51-33
Oct. 21	Alabama	KNOXVILLE	TBA	3:30	W 16-13
Oct. 28	South Carolina	Columbia	TBA	7:45	W 31-24
Nov. 4	LSU	KNOXVILLE	CBS	3:30	L 28-24
Nov. 11	Arkansas	Fayetteville	TBA	2:00	L 31-14
Nov. 18	Vanderbilt	Nashville	TBA	2:00	W 39-10
Nov. 25	Kentucky	KNOXVILLE	TBA	12:30	W 17-12

Cut along dotted line and put on fridge by placing magnets in designated areas.



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Matthew



Cassidie

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Ryan



Gaelen



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AT JOHNSON CITY MEDICAL CENTER
Mountain States Health Alliance



Danielle

*"That's where
the doctors are
for kids."*

Michael



Austin



NACHRI
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Children's Hospitals
and Related Institutions

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