



THE magazine for the WHOLE family Volume 3 Issue 5

MERRY CHRISTMAS



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THE Magazine for the WHOLE Family

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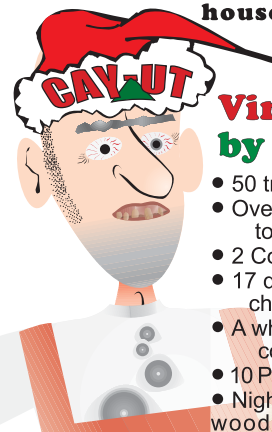
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MARY CHRISTMAS

Fer ever'one on yer list git 'em a copy of **Virtual Redneck** so they kin design thar dream doublewide, cabin or shack from the "relative" comfort of thar mother-in-law's trailer, diddy's house or ever which in-law has a computer.



Set up yer Virtual Redneck life-style by choosing from:

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- A whole dang passel of critters (such as: dawgs, cows, goats, chickens and stuff ya'll can shoot)
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DECEMBER WEEKLY OBSERVANCES

- Chanukah (Hanukkah): 4-12
- 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
- National Hand washing Awareness Week: 2-8
- Clerc-Gallaudet Week: 3-9
- Human Rights Week: 10-16
- International Language Week: 15-21
- Halcyon Days: 15-29
- Posadas: 16-24
- It's About Time Week: 25-31
- Kwanzaa: 26-1/1

DECEMBER MONTHLY OBSERVANCES

- Bingo's Birthday Month
- Colorectal Cancer Education and Awareness Month
- Identity Theft Prevention and Awareness Month
- Learn A Foreign Language Month
- National Drunk & Drugged Driving (3D) Prevention Month
- Stress-free Family Holidays Month
- National Sign Up for Summer Camp Month
- National Write A Business Plan Month
- National Tie Month
- Safe Toys and Gifts Month
- Spiritual Literacy Month
- Take a New Year's Resolution to Stop Smoking (TANYRSS) (12/1 - 2/11)

SUPER SUDOKU

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

	9	C		4				8		6	A					
		3		5		9	2	A			C				8	
		4		1	8	C			F			2	7	6		
D		5	E	7				2	3	4		B			F	
6	C			8							A	0	5	E		
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E		8	2		6	1		0	5				C	B		
	4		0		B	3	5	1		2					7	
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Now that the holidays are here, you're probably looking around for the right gifts for your loved ones. Of course, as you know, it's not always easy to find gifts that are both meaningful and useful. This year, why not add financial gifts to your shopping list?

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

- Contributions 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 earnings and withdrawals will be exempt from federal taxes as long as the money goes toward paying college costs. There may be additional tax benefits to those who participate in their own state's plan. Also, you can contribute generous

Investments Can Make Great Holiday Gifts

amounts to your savings plan. Plus, you can change beneficiaries; if you've been putting money in a Section 529 plan for your child or grandchild, and he or she decides to forego college, you can transfer the money to another family member.

- Contributions 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.
- Stocks - 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.)

- Savings Bonds - They may sound old-fashioned and stodgy, but U.S. Savings Bonds can still make nice financial gifts, especially for young people who can use the money in the future. Among the most popular savings bonds are Series EE Bonds, which can be purchased in denominations ranging from \$50 (or \$25.00 for Electronic EE Bonds) to \$10,000. Paper EE Bonds are sold at half their face amount and will increase in value until they are cashed in or reach final maturity in 30 years. Electronic EE Bonds are sold at face value and reach maturity immediately. You can learn more about Series EE Bonds and TIPS, or even purchase them directly, from the Treasury Department's web site devoted to savings bonds: www.savingsbonds.gov.

A financial gift may not be traditional, but it can have a big impact on the recipient's life - and it won't be forgotten after the holidays are over. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

Help Keeping Your Pipes From Freezing

- Insulate pipes in unheated spaces like garages, basements and crawl spaces.
- Check for open windows, air vents and wind drafts near water pipes.
- Seal leaks in the basement foundation where cold air may enter. Stuff the holes with insulation. A tiny opening may cause an exposed pipe to freeze.
- Allow a slow trickle of water to flow through faucets connected to water pipes that run through an unheated space.
- Keep sink cabinet doors open during cold spells to allow warm air to circulate around the pipes.
- Disconnect garden hoses and install covers on all outside faucets. Shut off water to outside faucets.
- Know the location of your home's water shut-off valve. If a pipe bursts, shutting off the water promptly can help minimize damage. If your pipes freeze, use a hair dryer to thaw the lines safely. Thawing will not be fast, but it will be safe. Contact your local plumber for assistance. **DO NOT USE AN OPEN FLAME TO THAW FROZEN WATER LINES.** If there is no water entering your home, the pipes may be frozen in your front yard. **FPT**

What carol is heard in the dessert?
Camel ye faithful!

Christmas Fun Facts:

There is a distinction between a Christmas carol and a Christmas song. A Christmas Carol has a fairly rapid, regular beat, which would, therefore, exclude a meandering, crooning song such as "White Christmas".

The world's most famous Christmas carol is "Silent night".

"Jingle Bells" was originally named, "One-Horse Open Sleigh", and was written for Thanksgiving, not for Christmas.

Charles Dickens's story, "A Christmas Carol", is the world's most read Christmas story.

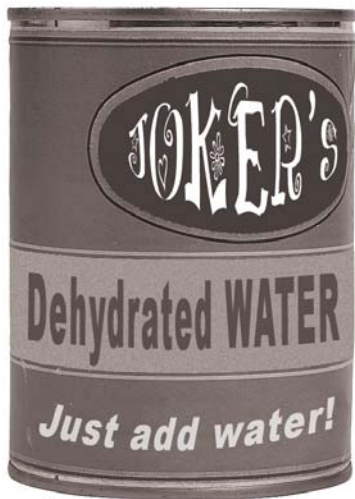
In 2003, the Austrian Trade Union Federation, representing 100,000 workers, claimed that the non-stop playing of Christmas carols in shopping malls was "psychological terror". **FPT**



By Chris Joker

Awesome Invention

Every family has an inventor. Everyone in my family is an inventor. I have to be, I love gadgets but do not have the budget to buy someone else's gadgets so I have to come up with my own. Some are good some, not so much. O.K. I take that back all of mine are not so much. But someday, someday...



My first attempt was the idea of dehydrated water. What could be better? Whenever you are in a situation where you needed water you just whip out your can of dehydrated water and... see that's where this

idea falls short. My next idea was the pumpkin alarm or the "Jack-O-larm", if you will. We had a series of jack-o-lantern smashings in my neighborhood. Some mean spirited kids, O.K. that's not really fair, I used to hate it when I was young and adults would always blame kids, I mean this could be some jack-o-lantern hating adults, I suppose. Anyway, whom ever it was they would grab someone's masterpiece Jack-o-lantern off their porch and then smash it to smithereens on the street in front of their house. Just plain cruel and mean spirited. I decided I would put at stop to this at my house. I purchased a push-button switch, which was normally closed. That means that whatever is attached to the switch is on until you push the button, then it's off. I mounted this switch to a board and hooked it to a light

on my porch and a tape recording of me, in my best big boy voice saying, "Put the pumpkin down". Now after we carved the jack-o-lantern, we placed it on the switch. The weight of the pumpkin caused the light and recording to turn off. When some mean spirited, jack-o-lantern hating marauder lifted the pumpkin up to smash it, the light would come on and my voice would be heard exclaiming, "Put the pumpkin down!" Genius, right? Not so much. The first night, I sat in the dark waiting to watch my clever invention at work. Nothing. I waited the second night. Nothing. As I sat in the dark of my front room I realized how ridiculous it was for me to wait when I could just as easily be sitting there without my ingenious invention and just stop the jack-o-lantern hater myself. I often picked up the jack-o-lantern just to check and make sure it was still working. On the third night of little sleep I was about to give up when my patience was rewarded, a jack-o-lantern raider was standing on my porch. He looked around to make sure no one was watching. "Pick it up", I thought, "just pick it up!" Just when I thought he was going to leave without picking it up, he did. The light came on and my voice blared from the tape recorder, "Put the pumpkin down!" He did. Sort of. The jack-o-lantern prowler was so startled by the light and the recording that he... dropped the Jack-o-lantern. Yes, he dropped the jack-o-lantern, which, of course, caused it to smash all over my front porch. I ran out the door to catch the evildoer as he fled the scene and proceeded to slip on the pumpkin guts which, in turn, caused me to tumble down my front steps. As I lay in pain on my front walkway, covered in pumpkin innards, I realized that now I not only had a smashed pumpkin but I had a smashed pumpkin on my front porch instead of in the

street where I would not have to clean it up. Now I would not only have to clean it up but I would have to clean my self up as well and do it all with a bruised leg. Brilliant. So don't look for the "Jack-O-larm on the shelves of your local Wal-mart anytime soon. I bring this up to tell you of a Christmas invention my Dad created. About 5 years ago he invented an automatic Christmas tree watering system. It consisted of a plastic tub with a clear hose coming out the top of it. You would fill the tub with water, stick one end of the hose into it so that it remained on the bottom of the tub and then suck on the hose to get a siphon going. Once the siphon was going you would place the other end in your Christmas tree stand. As long as you kept the tub at the same level as the stand and kept the water level above the end of the hose in the tub the tree remained watered. Brilliant. Except for the fact that no one could get it working quite right accept my Dad. He and his buddy, Dick Jones, had grandiose plans of getting this invention in every Wal-mart around the country. Never happened. They would quibble over small things like, what to call it, should it include all the parts or would you supply your own tub? This year my Dad saw one at the Home Depot. So I did a quick Internet search and found a bunch of similar inventions that had been around for years. Including one by another frustrated father called the "Tree-I.V." with which you drill a hole into the side of your tree to water it much like an I.V. tube (see the article on page 13). This sparked a whole re-design by my dad. He created a new one using a laundry detergent container, which has a nozzle already on it. This way you just lift the tub up high enough to get the siphon started and you don't need to suck on the hose to get it going. He told me "this is great because the tub is free" "But

Please see "FKJ" on page 21

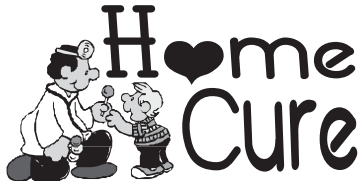
Headaches

Headaches are among the most

common medical complaints. The majority of them are not life threatening. They can be classified several categories, such as: Tension headaches, the most common type of headaches. Migraine headaches have well-defined attacks with symptoms like nausea, vomiting, sensitivity to lights

and sounds. Cluster headaches come in groups of 1-4 a day in a set cluster period that may be a matter of days but can extend to months, followed by periods of remission. Chronic tension headaches can come from an overload of stress or from being fatigued, but more often they come from physical problems, from psychological and emotional issues, or from depression. Hormonal headaches have a similarity to migraines in that they affect only one side of the head and frequently are

accompanied by nausea, vomiting, or sensitivity to lights and noise. Sinus headaches can be experienced after a cold or condition that causes a sinus infection, and the rarest are organic headaches stemming from a skull or brain abnormality -- benign or malignant tumors, aneurisms, meningitis, brain abscess, infection, or encephalitis.



Home Cure

- A peeled and chopped apple, with a sprinkle of salt eaten first thing in the morning, for at least a week for chronic headaches.
- Herbal tea of 10-15 holly basil leaves, 5-6 peppercorns and 1/2" ginger piece, powder. Keep in an air tight bottle. Take 2 pinches with warm water when a headache starts.
- Massage head with rosemary oil.
- Add water to 1 TBS ginger powder. Heat gently in a pan. Apply the warm poultice on forehead. Keep on for 15 minutes.
- Apply an ice pack to the painful area of your head. Try placing it on your forehead, temples or the back of your neck.
- Take a warm bath or shower;
- Ask someone to rub your neck and back, or treat yourself to a massage.
- Apply gentle, steady rotating pressure to the painful area of your head with your index finger and/or thumb. Maintain pressure for 7-15 seconds, then release. Repeat as needed.
- Use heat: a warm washcloth or a hot water bottle can ease pain
- Acupressure: reduce headache pain by squeezing the web of skin between the thumb and pointer finger as hard as you can; or use both thumbs and apply pressure under the bony ridges at the back of the head
- Use an ointment with heat (for example Ben-Gay or Icy Hot) and rub it on your forehead or base of your neck, wherever it hurts. It will burn slightly and give a warm feeling to your head
- Listen to relaxing music while you lie down
- B6 or B complex vitamins can prevent headaches or lessen their severity
- Two tablespoons brewer's yeast
- Peppermint Tea
- Exercise: since exercise relieves stress, it's a natural stress preventative.
- Sleep: get 6-8 hours but don't oversleep because that can cause headaches on its own.
- Use a neck pillow in bed: if you get a lot of morning headaches, they could be caused by the way you sleep. A neck pillow will support your neck and could prevent morning headaches
- Eliminate caffeine, salt,

MSG, and chocolate

- Avoid bright light because it can lead to squinting, which can lead to headaches. Use sunglasses if you are going to be outside for any length of time
- Try not to skip meals; when blood sugar drops from not eating, the blood vessels of the brain tighten
- Avoid certain foods containing nitrates, sulfates, and MSG. They are known headache causers. Also nuts and aged cheeses can cause headaches
- Quit smoking and avoid smoke-filled rooms
- A paste of clove and salt crystals in milk.
- Include five almonds along with hot milk in your daily diet.
- a gram of black pepper along with honey or milk, 2 or 3 times a day.
- Make a paste from dry ginger with a little water or milk, and apply to the forehead.
- Sniffing the seeds of Bishop's Weed (Ajwain) is useful in the treatment of headache and stress.
- Dip a small towel in cold water, rinse, and apply to forehead.
- Mix one teaspoon of finely ground cinnamon and one teaspoon water. Apply on the forehead to get relief from headache.
- For a sinus headache, eat a jalapeno pepper as soon as possible.
- The juice of three or four slices of lemon squeezed in a cup of tea. It gives immediate relief.
- Marjoram is beneficial in the treatment of a nervous headache. An infusion of the leaves is taken as a tea.
- Hot foot baths are beneficial in the treatment of chronic headaches. Keep your legs in a tub or bucket filled with hot water of 104 degrees for fifteen minutes every night before bed. This treatment should be continued for two or three weeks.
- Rub cayenne, lobelia, or valerian extract on shoulders, neck, temples, and forehead.
- Eat a banana every time a chronic headache appears.
- Cut a lime in half, rub on forehead.
- When you get 'brain freeze' from eating something cold, simply press your tongue on the roof of your mouth for a few seconds.
- Boil Vinegar and water, cover your head with a towel and sniff the mix. This helps with sinus headaches.
- Apply a mixture of half teaspoon mustard seed and three teaspoons water to the nostrils.

- Soak the feet in hot water and place a cold rag on the forehead.
- Drinking Gatorade will relieve a headache almost immediately.
- Apply a paste of ginger and water or milk to the forehead.
- Avoid cheese, chocolate, citrus fruits, red wine, processed meat, MSG, salty foods, and caffeine.
- Drink the juice of ripe grapes for migraines.
- Usually taking a hot to warm shower or bath helps. Having a hot/warm cloth on your forehead while taking a bath really helps.
- Drink a cup of coffee or Mt. Dew. The caffeine in the drink will open up the blood vessels and relieve the pain. I
- Just drink a glass of water!.....you are hydrated and your body needs water
- Apply a paste of one part ground cinnamon and one part water to the forehead to relieve headaches from cold air.
- A big gulp of COLD MILK
- Take passionflower in capsule form for headaches related to stress.
- Boil peppermint in some water and inhale the steam to relieve sinus headaches.
- Take willow bark in capsule form.
- Drink a mixture of white vinegar and powdered wintergreen for fast relief.
- Eat plenty of fish -- fish oil helps prevent headaches.
- Drinking or smelling peppermint tea almost instantly gets rid of any type of headache.
- Drink two cap fulls of apple cider vinegar and then one glass of water it will thin your blood and the ache will go away
- Take a pencil and put it in your mouth, bite down on it for a little while, maybe 30 seconds or so, and your headache should be gone.
- Apply a paste of 10 or 15 basil leaves, 4 cloves garlic, and a teaspoon of dried ginger to the forehead.
- Rub some vicks vapor rub on your forehead, temples, and chest and breathe the fumes in.
- Tie a knot in a handkerchief or other piece of fabric and tie tight around the head, with the knot on the source of the pain.
- Chew on your tongue softly for a few moments then stop to see if headache has been eased. Continue this method until headache has gone.
- Eat an apple of any kind. **FPT**

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



“Mind Your Ps And Qs”

Say WHAT???

Meaning: “Behave yourself” or “Mind your manners.” Ps and Qs are just the plural of the letters P and Q. There some disagreement amongst grammarians about how to spell Ps and Qs - either upper-case or lower-case and either with or without a hyphen. You may see the phrase as mind your p’s and q’s or mind your Ps and Qs or (occasionally) mind your P’s and Q’s or (rarely) as mind your ps and qs. “Mind your Ps and Qs” has been in use since the 17th or 18th century.

ORIGIN: There are actually a number of theories on this idiom, and no one can be sure which is true.

- The most popular theory is the phrase originated in a pub. Ps and Qs referred to the pints and quarts customers were served. Pubs served ale in pints and quarts. The drinker’s tab would be kept on a chalkboard, where the barkeep would make a mark for each pint or quart that the customer drank. A dishonest pub keeper could easily take advantage of this tally system to over charge his customer. The larger quart was more expensive than a pint, and a bartender could mark down a quart even if he had only served a pint. So if a patron did not “mind his Ps & Qs he might end up paying for more than they actually drank. Telling someone to mind their Ps and Qs was warning them to keep an eye on their server. It also meant that customers should watch their alcohol intake and, in turn, their behavior. The more they drank, the less able they would be to keep tabs on what they drank, making them easy targets.

Along these lines, an unruly customer might also be told to mind his Ps and Qs. Telling someone to mind their Ps and Qs was the appropriate way to tell them they had had too much to drink. It was also bartender-speak for “don’t forget to pay your bill before you stumble out of here.”

- Another theory deals with print shops. Back-in-the-day, printed material had to be laid out letter by letter in a print shop. Essentially there was a metal stamp for each letter that needed to be printed. These stamps had to be a reverse image so that they would appear correctly when inked onto the paper. The type-set for lower case Ps and Qs are essentially mirror images of each other. A printer or typesetter had to look at all the material in reverse as he was working, and the reverse images of lower case p and q could be easily confused. In this case, minding your Ps and Qs was advice to a printer to be careful while he worked and not mix up the two letters. Similar to the type setting theory is the school child theory it states that the similarities of a lower case p and q can also be a problem with penmanship. Children often have difficulty recognizing the difference between the two lower case letters when first learning to read and write. Teachers would tell their pupils to mind their Ps and Qs, not to confuse the two letters. Over time it became a more general reminder from the teacher to be careful and attentive

Last month’s HARD answer

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

in schoolwork. Another Ps and Qs theory relates to the English term “prime quality” and its abbreviation (PQ).

Prime quality means the finest or the best, to achieve or ensure high quality. Dating back to the 17th century. Please and thank you, Mind your Ps and Qs is thought to be an abbreviation for saying please and thank you, most likely used by children.

- Another theory surmises that Ps & Qs comes from “Pease and Kyuse from the hobby of coin collecting. To clean old coins that could be easily damaged, they had to be frazed. The coin was immersed into the liquid “pease” and then into another liquid called “kyuse.” If the order of these baths were reversed, it could damage the coin. **FPT**

Christmas Fun Facts:

The world’s most widely known Xmas carol is “Silent Night”, which is sung in many languages all over most of the globe. The song originates from Austria, but enjoyed great recognition as early as the First World War, when soldiers on each side of the frontline laid down their weapons on Christmas Eve and sung the carol, “Silent Night”, across no man’s land. **FPT**

SUDOKU REALLY HARD

Instructions on page 21

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



Holiday Pet Safety

Holidays can create special dangers for your pets. Each year during the various holiday seasons, thousands of pets are seriously injured and/or become deathly ill. It's a busy time ... a

time of much planning, shopping, cooking and baking, rushing to and from parties and get-togethers with relatives and friends. Oftentimes we forget about our little four-legged members of the family during the rush and festivities. They are curious and anxious as we, their caretakers are and there are many hazards waiting for their curiosity.

A number of Christmas season plants are poisonous to pets if ingested:

- Ivy - moderate to very toxic
- Poinsettias, although not as toxic as people often think, can upset your pet's digestive system.
- Mistletoe, especially the berries, is highly toxic, can cause stomach upset, and has the potential to cause fatal heart problems.
- Holly can cause vomiting, diarrhea, nausea, and lethargy.
- Certain types of Ivy, such as English Ivy, can also cause severe harm.
- Amaryllis can cause vomiting and diarrhea.
- Hibiscus can cause vomiting or diarrhea.
- Christmas greens such as balsam, juniper, cedar, pine and fir - all parts have a low level of toxicity
- Lilies can be deadly to cats, and many types can cause cats to have kidney failure.
- A complete list of toxic and non-toxic plants may be found at the ASPCA's animal poison control center website: www.aspc.org/apcc
- If you suspect that your pet has eaten something toxic, call your veterinarian and/or the ASPCA Animal Poison Control Center's 24-hour emergency hotline at 1-888-4-ANI-HELP.

Christmas trees

- Anchor trees securely. Climbing cats and dogs with wagging tails

- can knock over your tree.
- Hang breakable, glass ornaments well out of reach. The small glass and metal fastenings can be stepped on or even swallowed by your pet.
- Keep tinsel, ribbons, and garland out of reach of pets, especially cats that are intrigued by them. These can become lodged in their intestines and cause obstruction and lead to surgery or death.
- Clean up pine needles frequently. They can be toxic when eaten by your pet.
- Prevent your pet from drinking water in the tree stand if you have added preservative chemicals. These can be poisonous to pets. Also, stagnant water can contain bacteria, which may lead to vomiting and diarrhea if ingested.
- The extra cords and plugs of holiday lights and other fixtures can look like chew toys to pets. Tape down or cover cords to help avoid shocks, burns or other serious injuries. Unplug lights when you are not home.
- Hang your treasured ornaments higher on the Christmas tree. Use wooden, metal, resin-cast or the like on the lower branches. Tinsel isn't toxic, but if ingested, intestinal obstruction and choking are potential problems...hang it high or better yet, don't use it.
- The bubbling holiday lights are moderate to lethal toxicity, depending on the amount of fluid (methylene chloride) inhaled or ingested.
- Replace metal ornament hooks with tightly knotted fabric 1/4-inch ribbons, lightweight twine or yarn to slip easily over the branches of the tree.
 - Snow globes often contain antifreeze, which is poisonous to pets.
 - Put away toys after children open their gifts. Small plastic pieces and rubber balls are common causes of choking and intestinal blockage in dogs. Ingested plastic or cloth toys must often be removed surgically.

- Keep candles on high shelves. Use fireplace screens to avoid burns.
- Make sure pets have a safe place to retreat in your home during holiday parties and gatherings also make sure they are wearing an up to date I.D. in case they escape out a door when guests come and go.
- Do not let guests feed your pets human food. There are many holiday foods, including fatty meats, gravies, poultry skin, bones, chocolate and alcohol that can cause illnesses from vomiting and diarrhea to highly serious pancreatitis and other toxic reactions. In addition, candy wrappers; aluminum foil pieces and ribbons can choke pets.
- **BONES ARE DANGEROUS!** Don't feed your pets bones, especially poultry bones. Poultry bones splinter easily - each year thousands of pets are treated for consumption of splintered bones, causing pain and sometimes death.
- When celebrating New Year's Eve be alert to any pet hazards such as fun noisemakers and confetti, which can very easily pose a serious threat to your pets' sense of well-being and health. **FPT**

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SUDOKU Medium

Instructions on page 21

	4		5		1			
		6	9		2			
		1	2		3	7		
	1	8		2		6	7	
5		7		1		9		4
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		5		3		4		
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THERE'S NO PLACE LIKE HOMESCHOOL

Interview With Sonya Haskins

Over steaming hot plates of fajitas, I had the privilege to interview local author Sonya Haskins. Sonya's new book, *The Homeschooler's Book of Lists*, is hot off the press and waiting to be wrapped and put under the tree for your favorite homeschool family. You can find it at Barnes and Noble in Johnson City or see Sonya live and get an autographed copy at one of her local book signings listed at www.sonyahaskins.com.

What is so great about *The Homeschooler's Book of Lists* and why does every home educating family need one? Bursting with information, this indispensable reference has 556 pages filled with more than 250 lists, charts and facts, with a companion CD included to make planning fast and easy. Peruse the Book of Lists for a few minutes and you will not be able to put down this well written, well-organized book filled with facts about history and government, the Bible, math, religion, science, geography, and more. Scores of famous people from composers to inventors, astronauts to presidents, and favorite Bible characters are sprinkled through out the sections. You can find information on the arts, famous speeches, quotes, poetry, and music facts. Lists of presidents, countries, the electoral process, and tons of facts your family needs, all right there in an easy to use format.

Sonya envisions parents using this book in a myriad of ways. First, to answer questions like, is Pluto a planet? What are the capitalization rules? Grammar rules? Who was the first man on the moon? Who was the first Woman in space? Who invented the sewing machine? Who won the Nobel Peace Prize in 1942? What are the Seven Wonders of the Ancient World? In which Egyptian Dynasty was King Tut? What is the deadliest animal in the world? You will be surprised at the answers to some of these!

"The *Homeschooler's Book of Lists* is intended as a ready resource to answer questions that come up through out the school day," says Sonya. "When your kids have questions, like how many oceans there are, you teach them how to look them up. What is so cool is that until a few years ago, there were 4 oceans. A decision was made in 2000 to include the Southern Ocean, which is Antarctica. Not only can you study how many oceans there are, but also you can compare that information to maps you have. Is it listed? What year was it printed? Then you can discuss how long it takes for information to get out."

When her daughter wanted to know who wrote *Amazing Grace*, she looked it up, finding it was John Newton. She will tell you because she got the answer immediately and she is not going to forget it.

Sonya readily admits that this is not a "teach you how to homeschool book" or merely a "you can do it book." A section goes through homeschool curriculum and methodologies, and she shows you how to use the lists for each style

of homeschooling. It is ideal for parents who need some help getting started, especially with memorization. Pick a list and begin, it really is that simple. Use lists to expand unit studies and fill in timelines. It can be used to teach particular topics or for students to research them on their own. All lists can be expanded as children grow into the need for more information, without Internet searches or an encyclopedia set, useable even in a power outage! Grab it as you run out the door to your local curriculum fair or library sale as it has lists of favorite children's books in the back. Highlight what you have or want, so you don't buy it twice.

Sit down when you first get *The Homeschooler's Book of Lists* and peruse the different sections and you will immediately grasp why this book is indispensable for your family. It is designed to be a treasure you will use through out your homeschool life. **FPT**

Need some encouragement along the journey? The Baughns have created the 2nd Annual Tri-Cities Midwinter Homeschool Convention and Booksale on February 1 and 2, 2008 so mark the date. Both Lisa and Sonya Haskins will be speaking, Jan Bloom and more! Sonya will have her book there as well! All homeschool parents, including those interested in educating their children at home are invited for this dynamic conference full of encouraging information. Go to www.midwinterconvention.com for more details.

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. Lisa is launching a new website soon with **How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!**

Parents Rediscover Board Games as Gift of Choice for Holidays and Beyond

When it comes to gift buying for children, shoppers often find themselves faced with the difficult task of choosing between entertainment and educational value. Parents don't have to pick between the two when they decide to give a board game that can be both fun and educationally engaging.

"Many of today's parents are adding board games to their holiday and birthday shopping

lists," says Matt Carlson, a columnist on the popular parenting Web site gamerdad.com. "Board games stimulate imagination, teach cooperative play, encourage analytical thinking and are often a child's first encounter with important, real-world themes like money management and practical decision-making."

A 2007 study of American young people found that spending time with family was

the number one response when participants were asked what makes them most happy. Though parents often lament the scarcity of family time, homes with a well-stocked game closet enjoy a built-in outlet for parent-child interaction. "Game play is an easy gateway to the type of family time that our parents and grandparents took for granted," says Carlson.

With dozens of different products in the game aisle, however, which ones make good gifts? Carlson recommends parents look for

Please see "Board Games" page 22



DOUBLE TAKE

Find at least 20 differences in the two pictures (answers are on the bottom...no peeking!!!)



Fire, Santa pants, Stocking, Stocking, Santa's eyes, Dog's eyes, Present ribbon, Bear, Tree ribbon, Santa beard, Present, Stocking facing other way, Tree star, Exclamation point, Santa glasses, Fireplace, Candle order, Lights on sign

Virtual Redneck Means Virtual Decorating Not Just For The Upscale

RenderForge, a Johnson City, Tennessee Web, Multimedia, and Graphic design company has developed a computer game to Bring Virtual Decorating to the masses. The Game "Virtual Redneck," according to Chris Joker, CEO, is designed to allow users to composite images of a virtual redneck way of life. According to the box label:

"Now you can design yer dream doublewide, cabin or shack from the 'relative' comfort of yer mother-in-law's trailer, yer diddy's house or ever which in-law has a computer. Choose from the elements provided or insert pitchurs of yerself, yer house, yer car, truck or tractor, yer dawg and more.

You can save your creation as wallpaper on yer desktop or as a pitchur file to E-mail to yer friends. You can even print your dream house to hang on the wall, make party invitations, cards 'n more."

The game comes with over 50 images of houses, shacks, barns, sheds and mansions. In addition to the dwellings, Virtual Redneck provides users with images of over 30 cars, trucks, tractors and other vehicles, "Heck if'n you want, add yer own vehicle. If it ain't jacked up enough, we even got extry tires so to put it up where Gawd meant it to be. We also include an impressive collection of blocks'n rocks 'n such to put yer vehicle up on".

Over 50 lawn ornaments such as pink flamingos, white painted tire-planters, silhouette people and the ever popular "lady showing bloomers," various animals and "stuff ya'll kin shoot," as well as 10 privies. Virtual Redneck also includes redneck models along with different clothes to dress them in and various objects to put in their hands. It only has 2 couches but 17 different stains (such as: Coffee, Beer, Cheese whiz, Beer, Grandpa, Beer and Leaky puppy) to put on the couches (and as we all know, it's the stain that makes the couch.) In addition to the included items, players may add pictures of their own such as people, vehicles, animals and houses. Game player Rob Robinson says, "I like to take pictures people e-mail to me, put them in a Virtual Redneck scene then e-mail them back or send them to the

Please see V.R. page 20

GREAT FAMILY HOLIDAY VIDEO PICKS

Compiled by: Family Pastime Staff

1. Rudolph, the Red-Nosed Reindeer

This classic made-for-TV Christmas movie premiered in 1964. Burl Ives as narrates this story is of an outcast reindeer, an aspiring-dentist elf, and an island of misfit toys who help Santa save Christmas. He's looking for a place where he belongs. Special guest appearances by the Abominable Snowman and the misfit toys make this movie extra-special.

2. Santa Claus Is Comin' to Town

This 1970 TV movie (made with the same stop-motion animation as Rudolph). The story is about Kris Kringle — the man who becomes Santa Claus — and how he brings toys to children in a town that has outlawed them. What makes this movie a Christmas classic is the fearsome Winter Warlock's transformation into a compassionate wizard with the wonderful song "Put One Foot In Front of the Other."

3. A Christmas Carol Whether you like the 1984 version starring George C. Scott or the 1976, 1977, 1999, or 2000 version — a remake seems to come out every year — this is a holiday classic. Based on a story by Charles Dickens about an old miser named Scrooge who learns compassion when three ghosts visit him on Christmas Eve, this makes a great holiday movie because it's thrilling and it has a nice message

4. How the Grinch Stole Christmas

(1966) This original combines the animation talent of Chuck Jones with the prose of the great Dr. Seuss and the narration skills of Boris Karloff. The Grinch tries to ruin Christmas for the Whos in Whoville by stealing their presents, trees, and holiday treats. Of course, the Grinch

has a change of heart and finds love and friendship with the Whos.

5. A Charlie Brown Christmas (1965)

NR In this half-hour Christmas special, Charlie Brown becomes the director of the school holiday pageant and goes out with Linus to buy an aluminum tree for the show. Instead, they bring back a thin scraggly real tree. At first the gang makes fun of Charlie for choosing such an ugly tree for the holiday but a timely assist from Linus makes the true message of the season come shining through. Everyone realizes in the end that a little affection can make all the difference in the world

6. It's a Wonderful Life (1946)

What holiday movie list would be complete without this Frank Capra classic, starring James Stewart as a man about to commit suicide during the holidays because he's financially ruined. An angel who shows him what life would be like if he'd never existed stops him. This classic is part romance, part pathos, and a celebration of life.

7. Miracle on 34th Street (1947)

NR A Macy's executive tries to find a new store Santa. She hires an old man named Kris Kringle who claims to be the one-and-only Santa Claus. Of course, such claims can get you into trouble and Kris ends up being hospitalized for some kind of delusional disorder. He finds himself in a situation where he must convince an unbelieving little girl, and others, that he is the real Santa. Hope comes in the form of a young man who wants to help Kris prove that he is really and truly Santa.

8. The Year Without a Santa Claus

Another stop-motion classic from the '70s, in which Santa finds himself feeling too discouraged to make his Christmas rounds. He's sick and he doesn't think that kids believe in him anymore. Two elves embark on a quest to

find children who still believe in Santa. The plot is pretty flimsy, but children won't mind — they'll be too taken with the catchy musical numbers.

9. Little Women (1994) This adaptation of Louisa May Alcott's beloved children's book tells the story of the five March daughters and their mother — how they live and keep their family strong during the Civil War. This movie is a celebration of family and creativity It's also about growing up and leaving childhood behind. There are some very nice scenes that take place during the holidays and have a message about generosity.

10. A Christmas Story (1983) PG

This comedy celebrates the sort of Christmas a young boy may have had in the 1940s. Young Ralphie Parker wants only one thing: a Red Ryder Carbine Action 200 Shot Range Model Air Rifle. His parents don't want him to shoot his eye out and refuse to get it. Wacky hijinks ensue as Ralphie develops some very creative ploys to convince his mother and father that this is the only thing they should give him

11. Mickey's Christmas Carol

(2001) Rated G "Mickey's Christmas Carol" is a children's classic beyond compare, and can be found on "Mickey's Magical Christmas: Snowed In at the House of Mouse". This DVD features several Disney Christmas cartoons, culminating in the wonderful rendition of the Dickens classic. No rendition of Scrooge will ever top that of "Scrooge McDuck."

12. The Polar Express (2004) Rated G

When a doubting young boy takes an extraordinary train ride to the North Pole, *Please see "Holiday Vid. Picks" on page 12*

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Pete's Famous Automatic Christmas Tree Waterer



Parts:

- 1 Gallon or larger plastic Jug (Milk or liquid laundry detergent container will work - A milk Jug is a little flimsy, but the price is right).
- 1 Bolt-In Tire Valve, available at an Auto Parts Store.
- 4 ft. or longer 3/8

OD X 1/2 ID Clear Vinyl Tubing, available at your local Home Improvement Center.

Assembly:

- Drill a 13/32 hole near the bottom of the container. The hole should be slightly under sized to insure a good fit.
- Remove the Tire Valve Core.

- Attach Tire Valve thru hole.
- Warm one end of the tube under hot water to make it more pliable
- Screw the vinyl tube to the tire valve
- Check for leaks.
- Cut a small slot near the bottom of a box big enough to fit over your waterer.
- Wrap the box to cover the waterer and it will look great.
- Place Pete's Famous Waterer next to your tree
- Fill the container, and place the vinyl tube into the bottom of tree stand. Tape or tie a weight, or magnet (if your stand is metal), to the tube to help keep it at the bottom.
- Lift the Waterer up to start the siphon.



You'll see the water flow through the Clear tube. Keep the container filled to the proper level and your tree will never be thirsty

- Be sure to only fill the container to a level less than the allowable water level of your stand. It's a good idea to test the Waterer before you set up your tree so it won't overflow the tree stand, then mark the inside of the container to aid in refilling. **FPT**

Holiday Vid. Picks

Continued from page 11

he embarks on a journey of self-discovery that shows him that the wonder of life never fades for those who believe. Based on the beloved children's book by Chris Van Allsburg..

13. Frosty the Snowman (1969)

An animated cartoon about Frosty the snowman, who springs to life when the children place a magic hat upon his head.

14. Home Alone (1990) Rated PG

Eight-year-old Kevin McCallister is accidentally left home alone by his family while they fly off to France for Christmas vacation. Kevin loves his freedom, delightedly gorging himself on sweets and staying up late -- until he is forced to defend his home from a team of burglars. But Kevin learns that self-defense can be fun too, as he goes about flying to defeat the bumbling thieves.

15. The Toy that Saved Christmas (1994)

The VeggieTales gang presents their first Christmas episode. Christmas is coming, but the residents of Dinkletown aren't happy. The children are greedy, demanding more toys

than all their friends. Mr. Nezzzer isn't helping. He's designed a toy, Buzz-Saw Louie, which will help feed the greed and make him rich. But one of the Louies is convinced there's more to Christmas. Larry the Cucumber, Bob the Tomato, and Junior Asparagus, join him in his search for the truth. But, even if they find it, can they get the word out to others?

16. Muppet Christmas Carol

Humans and Muppets interact to create a funny version of the Christmas classic. But don't think it isn't faithful to the book. They add and change some things, but it sticks very close to Dickens's story, even having Gonzo narrate parts from the book. This one may frighten the kids in places, but it shouldn't for very long.

17. The Santa Clause (1994) PG

Scott Calvin just wanted to get some more sleep

that fateful Christmas Eve. Instead, he finds himself in Santa's sleigh finishing up the deliveries after Santa slips off his roof. When he reaches the North Pole he gets an even bigger surprise, he now is Santa. With only his son to guide him, he must accept his new life in time for the holiday next year. A funny and touching family comedy. **FPT**

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The Christmas Tree I-V

Story from the safechristmas.com website

The Christmas Tree I-V components have been skillfully assembled by the ARC

The Christmas Tree I-V, is an Intravenous Watering System for the real Christmas Tree. It eliminates the hassles of moving presents and tree skirts to pour water into those messy bowl stands.

My family has always assigned me the job of selecting and caring for the family Christmas tree. Usually the tree that I bought was already standing very straight on a reliable wooden tree stand. I would then proceed to tear it off and try to fit the tree into my old red and green bowl stand, and then try to get it to stand straight once again.



All of the water that I didn't spill while trying to fill the bowl turned stagnant and usually spilled when I took the dried out tree down at the end of the season.

These frustrations nearly drove me to switch to an artificial tree, but because our family loves the aroma and mystique of a real tree, I began to search for a better way.

I wondered just how I could get water to the tree without taking the wooden stand off:

Could I pry it up and let the water seep between the stand and the tree? The end of the trunk was probably sapped over already.

If I drilled a bunch of holes in the side of the trunk could I place the tree, stand and all in a tub of water? Hey, wouldn't that be the equivalent of a fresh cut? But this would require a large tub and anyway, how would I put a tree skirt around the tub?

If all of these small holes would let enough water in to keep the tree fresh, why not drill one larger hole and find a way to put water

into the tree through that hole?

I asked myself the simple question: If a real Christmas tree drinks water out of the bowl stand through the bottom of the trunk, why won't it drink water from the side of the trunk if I could make it available.

After several experiments using various sizes of holes and stoppers and tubing, I finally was able to get a tree to drink from it's side while still standing straight on the wooden stand,

From that point I went on to build on that discovery and designed the Christmas Tree I-V as it is now presented.



I submitted a patent application and received a patent in May of 1991.

The Christmas Tree I-V was introduced in a limited test market during the Christmas season of 1990 and was greeted with excitement and enthusiasm.

Amazed users reported that their tree drank up to 5 gallons of water during the season, and my personal tree drank almost 16 gallons. We had a test tree for the Houston Fire Department drink over 20 gallons of plain water and stay so fresh that it would not burn on New Year's Day!

(Association of Retarded Citizens) and The Lighthouse For The Blind!

Stick it behind the Christmas tree on the box or table, or decorate it to make it look like a Christmas present. Just be sure to remember

to check the water level regularly to be sure to give your Christmas tree the best care possible. This tree waterer is available online for \$7.99 plus shipping and handling at www.safechristmas.com---tell them you read about it in Family Pastime Magazine. **FPT**



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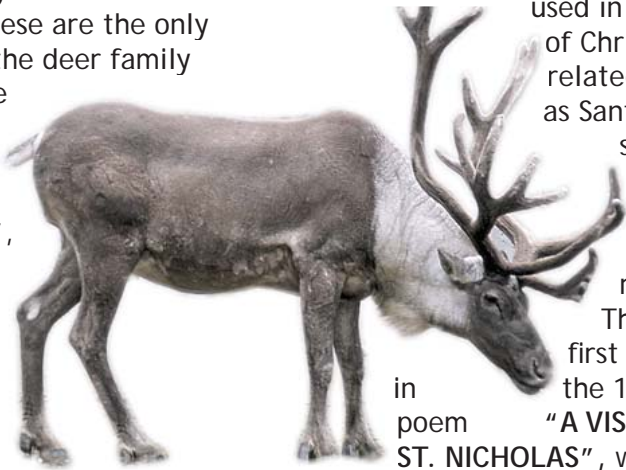
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REINDEER

By: Georgia Teich

- Wild Reindeer are found in Scandinavia and Russia. Both Male and Female reindeer have antlers. New antlers are fully grown by July but do not harden until fall. These are the only members of the deer family whose female grow antlers. The antlers are covered with "velvet", in summer. The reindeer coat has two layers of fur, a dense wooly undercoat and longer-haired overcoat consisting of hollow, air filled



hairs. Their hooves are very broad which enables them to travel efficiently through the snow. Their hooves make a clicking sound when they walk. A caribou or reindeer swims easily and fast; migrating herds will not hesitate to swim across a large lake or a broad river. They prefer to be in the snow.

Reindeer are often used in works of Christmas related fiction, as Santa Claus' sleigh is said to be pulled by flying reindeer. These were first named in the 1823 poem "A VISIT FROM ST. NICHOLAS", where they were called Dasher, Dancer Prancer, Vixen, Comet, Cupid, Dunder and Blixem. The last two

names were changed to Donner and Blitzen. Long ago Father Christmas and the elves discovered the special formula of Magical Reindeer Dust, which made them fly. This dust is sprinkled on each of the reindeer shortly before they leave on Christmas Eve. It gives them enough magic to fly around the world. They can fly very fast about the speed of a Christmas light. According to Kris Kringle "MIRACLE ON 34TH STREET" they only fly on Christmas Eve. The original reindeer are arranged on Santa's sleigh assuming the reindeer named in the poem from front to back with the reindeer in the left being male and the reindeer on the right being female.

Over time another reindeer has been added Rudolph the Red-Nosed Reindeer. When he was just a young deer, his nose was touched by Christmas Magic, and since this day his nose has glowed bright red. **FPT**

Magic Reindeer Food

SUPPLIES:

- 1/2 C dry oatmeal or cereal (such as cheerios, or rice krispies,)
- 1/3 C sparkly, colored sugar
- 1 heartfelt of Christmas hope

HOW TO:

1. Mix ingredients together.
2. On Christmas Eve,



before bedtime, sprinkle on your lawn. The colored sugar will shine in the moonlight and lead Santa to your house before dawn. The smell of the oats or cereal will guide the reindeer directly to your rooftop. The Christmas hope in the magic reindeer food guarantees dear Santa will stop.

Easy Answer From last month

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

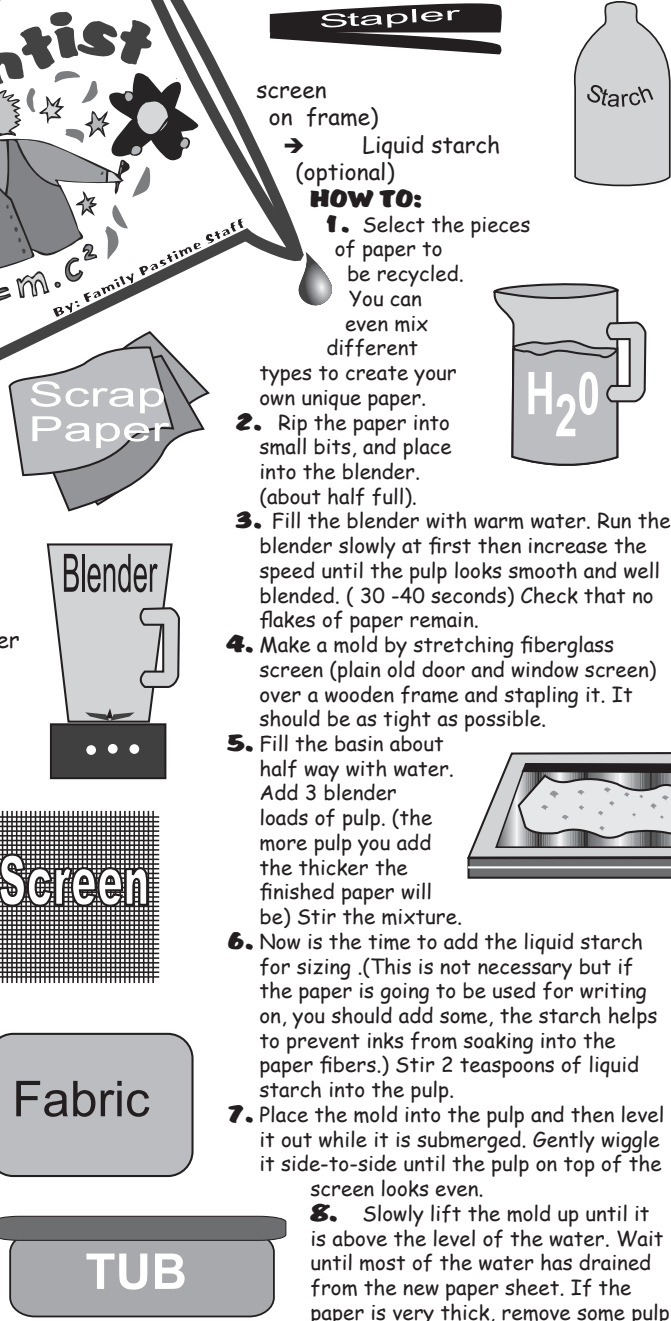
ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**

Handmade Paper

By: Family Pastime Staff



- SUPPLIES:** (any or all)
- Paper:
 - Computer Paper (unprinted)
 - Newspaper (will produce a grayish colored paper)
 - Magazines
 - Old Cards (For heavier paper)
 - Paper Bags
 - Office Paper
 - Tissue Paper (For finer paper)
 - Typing Paper
 - Napkins
 - Construction Paper
 - ALSO:
 - Sponge
 - Window Screening
 - Wood Frame (old picture frame)
 - Plastic Basin/ Tub (Large enough to totally immerse frame)
 - Blender/Food Processor (For making paper pulp)
 - White Felt or Flannel Fabric
 - Staples or Tacks (For tacking



screen on frame)
 → Liquid starch (optional)
HOW TO:

1. Select the pieces of paper to be recycled. You can even mix different types to create your own unique paper.
2. Rip the paper into small bits, and place into the blender. (about half full).
3. Fill the blender with warm water. Run the blender slowly at first then increase the speed until the pulp looks smooth and well blended. (30 -40 seconds) Check that no flakes of paper remain.
4. Make a mold by stretching fiberglass screen (plain old door and window screen) over a wooden frame and stapling it. It should be as tight as possible.
5. Fill the basin about half way with water. Add 3 blender loads of pulp. (the more pulp you add the thicker the finished paper will be) Stir the mixture.
6. Now is the time to add the liquid starch for sizing. (This is not necessary but if the paper is going to be used for writing on, you should add some, the starch helps to prevent inks from soaking into the paper fibers.) Stir 2 teaspoons of liquid starch into the pulp.
7. Place the mold into the pulp and then level it out while it is submerged. Gently wiggle it side-to-side until the pulp on top of the screen looks even.
8. Slowly lift the mold up until it is above the level of the water. Wait until most of the water has drained from the new paper sheet. If the paper is very thick, remove some pulp from the tub. If it is too thin, add more pulp and stir the mixture again.
9. When the mold stops dripping, gently

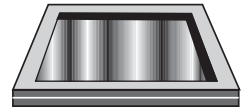
place one edge on the side of a fabric square (felt or flannel square).

10. Gently ease the mold down flat, with the paper directly on the fabric. Use a sponge to press out as much water as possible. Wring the excess water from the sponge back into the large plastic tub.

11. Now comes the tricky part. Hold the fabric square flat and slowly lift the edge of the mold. The wet sheet of paper should remain on the fabric. If it sticks to the mold, you may have pulled too fast or not pressed out enough water. It takes a little practice. You can gently press out any bubbles and loose edges at this point.

12. Repeat the steps above, and stack the fabric squares on a cookie sheet. Save one fabric square to place on the top of the stack to cover the last piece of paper. Use another cookie sheet to press the remaining water out of the stack. (do this outside or in the bathtub, it can make a mess)

13. After you press the stack, gently separate the sheets. They can be dried by hanging on a clothesline or laying them out on sheets of newspaper. When they have dried peel them off the fabric and voila! you have paper!



Frame with screen



Handmade Paper

FPT
Sudoku last month's Really Hard answer

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

Kid Friendly Recipes



Holiday Baked ham

SUPPLIES:

- Ham
- Whole Cloves
- Canned pineapple
- Mustard
- Brown sugar

HOW TO:

1. Line the broiler pan with foil
2. Add a little water to bottom of pan
3. Place foil over the top rack of the pan with slits in it to let the juices flow into the bottom of the foil-lined pan.
4. Stud ham with whole cloves all over
5. Bake at 350 degrees till nearly done.
6. When nearly done remove ham to platter.
7. I pour pan juices (be careful, the pan is very hot) into a bowl.
8. To the fatty juices I add some pineapple juice (from the canned pineapples), mustard and a good bit of brown sugar and mix well.
9. Return the ham to the pan rack and lay the pineapple slices from the juice on the ham and around it.
10. Baste the ham and pineapple slices with the brown-sugar mixture several times while the ham finishes baking.
11. When nearly done pour the remainder of liquid over ham and let it cook another few minutes.
12. Remove cloves and slice

Pecan Toffee Bars

SUPPLIES:

- 12-15 whole graham crackers
- 1 C melted butter
- 1 C dark brown sugar
- 1 12 oz pkge semi-sweet or milk chocolate morsels
- 1 C pecans

HOW TO:

1. Preheat oven to 400 degrees
2. Line a cookie sheet with foil or parchment paper. Cover with whole graham crackers.
3. Simmer butter and brown sugar 3 minutes and pour quickly over graham crackers.
4. Bake 5 minutes
5. Remove from oven and sprinkle chocolate morsels and pecans over crackers.
6. Refrigerate. Break into pieces to "toffee" when hardened.

Ham Glazes:

Apple and Raisin Glaze

- 1 cup Applesauce
- 1/2 cup Apple Butter
- 1/2 cup Raisins
- 1/2 cup Maple Syrup

Combine all the ingredients in a saucepan and simmer until bubbly.

Apricot Glaze

- 1/2 cup apricot preserves
- 1/2 cup honey
- 1 tablespoon cornstarch
- 3 tablespoons lemon juice
- 1/4 teaspoon ground cloves

Combine all ham glaze ingredients in a saucepan over medium heat. Heat, stirring constantly, until thickened and bubbly. Spoon ham glaze over ham and baste during last 30 minutes of baking. Makes 1 cup of ham glaze.

Coca-Cola Ham Glaze With Lime and Jalapeno recipe

- 1 cup Coke Classic
- 1/4 cup juice from 2 limes
- 2 cups packed dark or light brown sugar
- 2 medium jalapeno chiles, cut crosswise into 1/4-inch-thick slices

Bring Coke Classic, lime juice, brown sugar and jalapenos to boil in small nonreactive saucepan over high heat; reduce heat to medium-low and simmer until syrupy and reduced to about 1 1/3 cups, 5-7 minutes.

Glaze will thicken as it cools between basting; heat over medium heat about 1 minute, stirring once or twice, before using. Makes 1 1/3 cups.

Aunt Debbie's EZ Peanut Butter Yum Cookies

SUPPLIES:

- 1 package ready to bake peanut butter cookies
- 1 package Reeses cup miniatures (unwrapped)

HOW TO:

1. Cut cookie dough into 1-inch slices then cut each into fourths
2. Put dough into mini muffin cups and bake until dough rises and starts to brown on edges about 6 minutes
3. Remove from oven and immediately press a Reeses cup into each mini cookie

Why does Santa have 3 gardens?
So he can hoe hoe hoe

Christmas Cookie Pops

SUPPLIES:

- 20 vanilla wafer cookies
- 1/2 C peanut butter
- 1 6-ounce bag white chocolate chips
- red & green colored candy sprinkles,
- Red pull-apart licorice whips, cut into 1-1/2" lengths
- M&M candies
- M&M mini candies
- Fruit roll ups, cut into 4" lengths
- Green, black, and orange cake decorating writer gel
- Tube of white cake decorator frosting with flower tip
- Popsicle sticks
- Wax paper or paper plates

HOW TO:

1. Spread peanut butter onto the flat side of the cookies.
2. Place an ice cream stick into the peanut butter on half the cookies.
3. Top with another cookie so the stick is sandwiched between the two cookies.
4. Melt chocolate chips (In a Microwave Oven place chips in a microwave-safe container and microwave at
5. MEDIUM (50 percent power) for 1 1/2 to 4 minutes, until the chocolate turns shiny. Remove the container from the microwave and stir the chocolate until completely melted.
6. Dip cookie pops in the melted chips, covering completely.
7. Roll pops in red and green sprinkles and lay or stand on waxed paper or paper plates.
8. Place in refrigerator to chill.

Other decorating ideas:

Snowmen --

- Use a licorice whip, while chocolate is still warm on pop, form headband and position two regular sized M&M candies as ear muffs. Lie pop flat on waxed paper and let cool.
- When cool, make eyes and mouth with black decorator gel, orange for nose.
- Gently wrap a fruit roll up around bottom of cookie at the stick.

Santa --

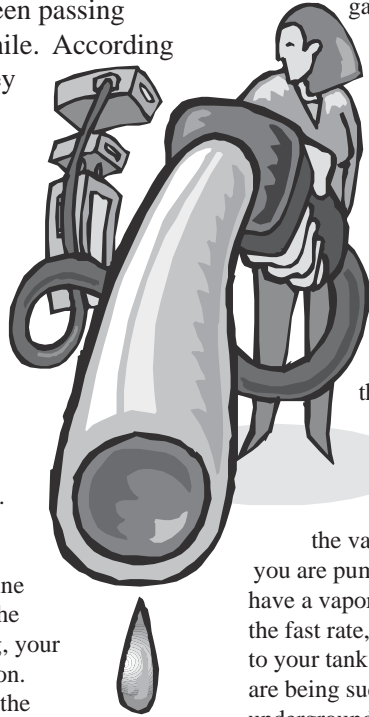
- While chocolate is still warm, dip top into red sprinkles for hat.
- Lie flat on waxed paper and let cool.
- When cool, dot top of hat with white decorator icing using flower tip.
- Use flower tip and white icing to add his beard and line the brim of his hat
- Use black decorator gel to dot on eyes.

Get More For Your Money at the Gas Pump

Compiled by: Family Pastime Staff

These are tips that have been passing around the Internet for awhile. According to my research whether they are true and accurate is not determined however, they seem like sound ideas and certainly won't cause any harm so we thought we would share them:

1. Only buy or fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so if you buy in the afternoon or in the evening, your gallon is not exactly a gallon. In the petroleum business, the



specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role. A one degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

2. When you're filling up do not squeeze the trigger of the nozzle to a fast mode. If you look you will see that the trigger has three (3) stages: low, middle, and high. In slow mode you should be pumping on low speed, thereby minimizing

the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you're getting

less worth for your money.

3. One of the most important tips is to fill up when your gas tank is HALF FULL or HALF EMPTY. The reason for this is, the more gas you have in your tank the less air occupying its empty space. Gasoline evaporates faster than you can imagine. Gasoline storage tanks have an internal floating roof. This roof serves as zero clearance between the gas and the atmosphere, so it minimizes the evaporation.
4. If there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT fill up--most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom. **FPT**

What is the best Christmas present in the world?
A broken drum - you can't beat it!

Make a Resolution to Improve Your Heart Health



What will your New

Year's Resolutions be this year?

If you're one of the 5 million Americans diagnosed with

heart failure they should really be to eat healthier and exercise more.

In the past, people with heart failure were advised to rest and give up many of their usual activities, but recent research has shown that activity can help them feel better,



and may actually improve the heart's function. Start by picking a simple

aerobic activity that you enjoy, such as gardening, walking, swimming or biking, and do it regularly.

In addition to staying active, it's also important for heart failure patients to cut back on their sodium, which causes the body to hold on to extra fluids and in turn makes the heart work

harder. Here are four tips on how to do it:

1. Instead of salt, flavor your food with spices, lemon juice and flavored extracts.
2. Adapt preferred foods to low-sodium versions.
3. Instead of buying canned soups which are high in sodium and preservatives, make your own.
4. Pick foods naturally low in sodium, like fresh fruits and vegetables, fresh meat, poultry and fish.

To learn more about heart failure and how to manage your condition, log on to the Heart Failure Society of America's Web site: www.aboutHF.org. **FPT**

Courtesy of ARAcontent

Why was Santa's little helper depressed?
He had low elf esteem



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 Without) Art Day, Skywarn Recognition Day, **Hands On Art Studio Craft Schedule** Be a poet and an artist! Make a holiday greeting card.

2. Special Education Day
Hands On Art Studio Craft Schedule Be a poet and an artist! Make a holiday greeting card

3. International Day of Disabled Persons
JCPL Tree Lighting with Story and East Tennessee Children's Choir 6:30 pm, Family Storytimes 6:30 pm

4. Hanukkah, National Dice Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, K-1 Story Stretchers* (K-1) 4 pm, TEENS VolunTEEN* orientation 6:30

5. Bathub Party Day, National Communicate with Your Baby Day, Special Kids Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am

6. Miners' Day, St. Nicholas Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am, K-1 Story Stretchers* (K-1) 4 pm

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 7 p.m.

7. FirePup Day, National Pearl Harbor Remembrance Day, National Cotton Candy Day
Hands On 6:30 pm - FREE Family Movie Night The Polar Express (2004) rated G Limited to first 250
Rock Mount Museum "A Candlelight Christmas" 4:30 p.m. COST: \$7, adults; \$5, ages 3 and over CONTACT: 423-538-7396 or rockymountmuseum.com

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 7 p.m.

8. International Shareware Day
Hands On - Super Santa Saturday Give your wish list to Santa and enjoy a day of Christmas cheer. Make a special project in the art studio and enjoy cookies & hot chocolate! Pictures with Santa are \$3 each.
JCPL Bilingual Storytime Spanish / English 2:00 pm, TEENS VolunTEEN* orientation, 11 am
Rock Mount Museum "A Candlelight Christmas" 4:30 p.m. \$7, adults; \$5, children ages 3 and over CONTACT: 423-538-7396 or rockymountmuseum.com

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 7 p.m.

9. Day Of The Horse, National Children's Memorial Day, Weary Willie Day

10. Human Rights Day, Nobel Prize Day
JCPL Jonesborough Novelty Band 6:30 pm fun and lively seasonal tunes! **JCPL** Family Storytimes 6:30 pm

11. International Mountain Day, UNICEF Birthday
JCPL Watauga Association of Genealogists 6:30 pm Help with family research, Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Books & Beyond* (2- 5th) 4 pm, TEENS Gingerbread Houses* 6:30 pm

12. Gingerbread House Day, Poinsettia Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am

13. **JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am, Books & Beyond* (2- 5th) 4 pm

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 7 p.m.

14. NATURAL TUNNEL STATE PARK 5-7 p.m. Enjoy an evening filled with frontier observances and the fun of the holiday season.

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 7 p.m.

15. Bill of Rights Day, Cat Herders Day
Hands On Christmas Tie Dye Bring your own shirt or pillowcase of 100% cotton or purchase one in the gift shop for \$4 each. One project per family member present please.
JCPL Crafts Workshop Make a Decorative Gift Box* 10 am & 1 pm Christmas Music @ your Library 2 pm

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 7 p.m.

16. Barbie and Barney Backlash Day, National Chocolate-covered Anything Day
Hands On Christmas Tie Dye Bring your own shirt or pillowcase of 100% cotton or purchase one in the gift shop for \$4 each. One project per family member present please.
Hands On 1-4 pm - FREE DAY! Everyone receives FREE admission to Hands On! 1:00-4:00! Get your home ready for winter and save energy at the same time. Learn about the steps you can take to make a difference in our energy consumption. Also receive a FREE compact florescent bulb while supplies last.
JCPL Christmas Movie Muppet Christmas Carol 2:00 pm

BLOUNTVILLE — The Northeast State Technical Community College theater "A Christmas Carol: Scrooge and Marley" in the auditorium of the college's main campus, 2:30 p.m.

17. Clean Air Day, Wright Brothers Day
JCPL Central Baptist Bell Choirs 6:30 pm **JCPL** Family Storytimes 6:30 pm

18. International Migrants Day

JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, K-1 Story Stretchers* (K-1) 4 pm

19. **JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am

20. Sacagawea Day, Mudd Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am, K-1 Story Stretchers* (K-1) 4 pm

21. Forefathers Day, Humbug Day, Phileas Fogg Win A Wager Day, Underdog Day

22. Abilities Day, National Haiku Poetry Day, World Peace Day/Winter Solstice
Hands On Art Studio Craft Schedule - Spice up the holiday season with handmade cinnamon ornaments.

23. Festivus
Hands On Art Studio Craft Schedule - Spice up the holiday season with handmade cinnamon ornaments.

24.

25. Christmas, A'Phabet Day or No "L" Day

26. Boxing Day (Canada), National Candy Cane Day, National Whiner's Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am

27. **JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (Age 3 - 5) 11 am

28. National Chocolate Day, No Interruptions Day

29. Tick Tock Day
Hands On Art Studio Craft Schedule - Wishing for snow? You can make your own! Design a snowflake mobile to hang in your home.

30. Falling Needles Family Fest Day
Hands On Art Studio Craft Schedule - Wishing for snow? You can make your own! Design a snowflake mobile to hang in your home.

31. New Years Eve, Leap Second Time Adjustment Day, Make Up Your Mind Day, Universal Hour of Peace Day, World Peace Meditation Day

ALL MONTH
NATURAL TUNNEL STATE PARK Fridays and Saturdays through Dec. 29 Enjoy caroling, camaraderie and holiday lights. The park's chair lift will be operating, and Santa will be there too.
Barter Theatre, Abingdon, Va. "A Christmas Carol" through Dec. 30, COST:\$27, \$30 and \$38, adults; \$13, children under 12 CONTACT: 276-628-3991, bartertheatre.com

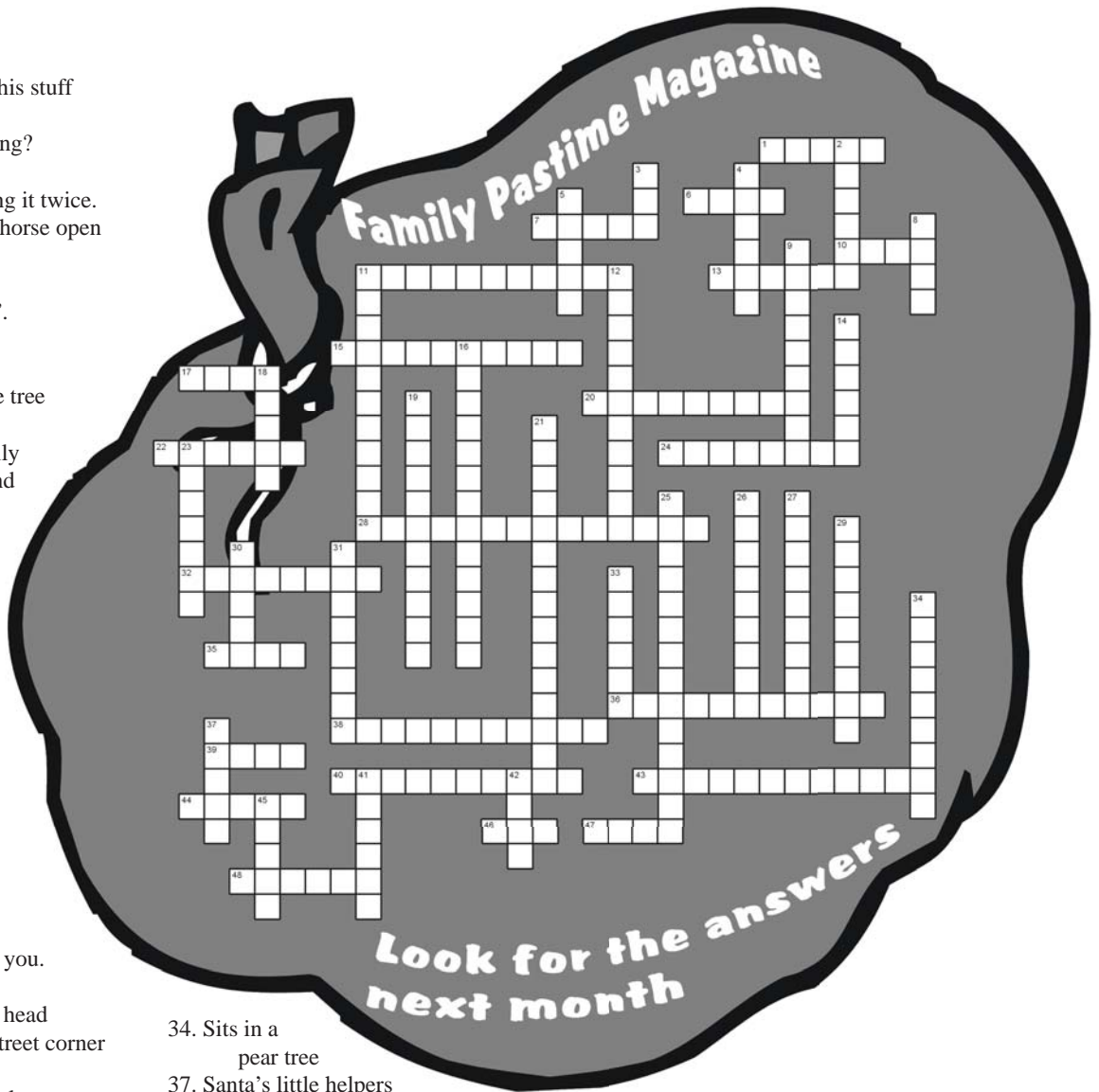
Put Magnet here *Please Register 434-4458

Across

1. Five golden _____
6. Tops our tree
7. Deck the halls with boughs of this stuff
10. What you get if you are bad.
11. When they ring are you listening?
13. Santa's ride
15. He's making a list and checking it twice.
17. We dash through this in a one horse open sleigh
20. What you better not do
22. He said "Catch me if you can".
24. They pull the sleigh
28. Where the toys are made
32. What we want to see under the tree
35. 3 French _____
36. It shakes like a bowl full of jelly
38. We make and decorate this kind of house at Christmas
39. He checks this twice
40. With a gift, its what counts
43. We won't leave until we get some
44. This elf wanted to be a dentist.
46. Ribbony thing on a present
47. Santa carries the toys in this
48. Circular decoration often hung on doors

Down

2. He tried to steal Christmas
3. To the world
4. Christmas songs
5. Tis the season to be
8. The color of Christmas without you.
9. A kissing plant
11. Visions of these danced in our head
12. What you will hear on every street corner
14. Where Jesus was born
16. Charlie Brown bought a scraggly one.
18. We dream of this kind of Christmas
19. We can pretend this snowman is he.
21. All I want for Christmas
23. Not one of the original 8
25. A treat for Santa
26. Roast them on an open fire
27. What a gingerbread man might use to help him walk.
29. Where Santa lives
30. On earth
31. Hung by the chimney with care
33. They are dancing



34. Sits in a pear tree
37. Santa's little helpers
41. Santa's favorite phrase
42. Santa knows if you've been bad or _____
45. We wish you a _____ Christmas

www.mybusinesshasnowwebsite.com

Family Crypto-Time Last month's answer



"On Thanksgiving Day, all over America, families sit down to dinner at the same moment - halftime."

CE GQXEMKLYZYEL PXF, XSS CZWV XRWVYTX, JXRYSYWK KYG PCAE GC, PYEEWV XG GQW KXRW RCRWEG - QXSJGYRW.

~Author Unknown

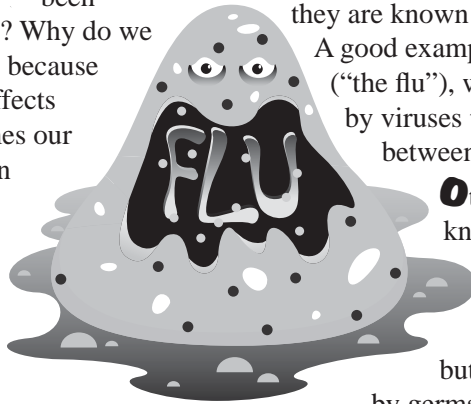


Getting Sick is Really Yucky!

By: F. Bailey

Have you ever been sick? Not much fun, is it? Why do we get sick? Well, it may be because we have a disease that affects our bodies (and sometimes our minds). Diseases come in many forms. Some are as mild as an earache, while others are as deadly as cancer. Diseases have killed more people than all the wars ever fought. In 1918-1919, influenza (“the flu”) killed 20 million people around the world! Don’t worry we have much better medicines and cleaning habits than they did back then. Diseases affect the lives of just about everyone at some time or another.

Not all diseases are alike. Some—caused by bacteria, viruses, and other



“germs”—are known as “infectious” diseases. When diseases spread from one person to another, they are known as “contagious.”

A good example is influenza (“the flu”), which is caused by viruses that move easily between people.

Other diseases—known as “non-infectious” diseases—have many causes, but are not caused by germs. Diseases like strokes, heart attacks, and diabetes (that are not contagious) may be caused by substances that harm the body (like cigarette smoke). Or, they may be caused by bad eating habits, or stress, or maybe because we are getting old.

Interestingly, some diseases generally occur only in certain parts of the world. African sleeping sickness is found

mainly in hot, humid sections of Africa where it is spread by the “tsetse fly”. And some diseases occur chiefly at certain times of the year. Cold and Flu affects people mostly during winter months when they are cooped up together inside due to cold weather.

And some diseases can be spread to humans by animals. Malaria (found throughout much of Africa) is spread by a mosquito. Fleas spread a deadly disease known as “bubonic plague,” and ticks can infect people with Lyme disease. Or, people can contract a disease by handling clothing, bedding, or other nonliving things that have come in contact with sick individuals. Diseases even can be spread through the food we eat or the water we drink.

Even though there are many ways to get sick and feel yucky, we are fortunate to have good doctors and powerful medicines. We should all be thankful that we live in such a wonderful time where hospitals and doctors can help us in so many ways. **FPT**

V.R. Continued from page 10

website (www.virtualredneck.com) to be put in the gallery.”

Joker says, “Virtual Redneck can be used to vicariously live the redneck life-style we all aspire to or as a way to design your perfect Martha-sue Stewart life-style before spending the small amount of money it will take to make it a reality.” RenderForge Creative Director Elizabeth Williams adds, “In the spirit of Deliverance, we wished

to share the glamorous redneck way of life with those too courage-impaired or sensible to risk it on their own.”

“No the game is not P.C. (as in Politically Correct) it does stereotype rednecks. Not Southerners or poor folks, rednecks.” Says Joker. Game player Kristi Kelly comments, “If Jeff Foxworthy made a computer game, this would be it.”

Virtual Redneck also includes mood-appropriate bluegrass music in the background and a complete version of

the image editing software PhotoPlus5. No prior knowledge of image editing is necessary since instructions are included “for the novice to the complete illiterate.”

Joker says the game has gotten great response from locals as well as from some “Yankee-types.” It is currently available on the web at www.virtualredneck.com. “Jist type on in yer credit card information and a bone-ified guvment employee will deliver it right to yer door, so you might oughta want to hide yer still”. **FPT**

FKJ *continued from page 5*

Dad", I said, "I don't have that laundry detergent bottle" "well, you just buy that detergent..." "Dad, don't you see that "buy" totally negates the whole "free" thing?" So the search was on for a re-re-design. After numerous conversations with Harvard engineers and rocket scientists at NASA, Dad talked with his brother-in-law (Uncle Al) who suggested using a bolt-in (or clamp-in) tire valve, which would allow one to use any plastic container for the tub. I must admit I think the re-re-re-design is a winner. I have included instructions in the magazine and since there has been at least one re-re-re-re-yadda-yadda-design everyday for the past two weeks (one day there were 5) I have put a link to the instructions on his website (by the time you read this it will also

probably decorate itself and take out the trash) from the "how to" button on the Family Pastime website. I am testing both my Dad's device and the Tree I.V. they both work well, almost too well. I think I am over watering. My tree has grown about a foot since I put it in the stand and the angel at the top is holding on for dear life as the top bends against my ceiling. Maybe a re-design is in order for the "Jack-O-larm"? I'm thinking that instead of a light and a recording maybe when the marauder picks up the jack-o-lantern I should have a giant cage drop down on top of him. Look for it next year at a Wal-mart near you. **FPT**

SUDOKU EASY

Instructions Below

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

SUDO-KID-U

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

SUDO-KID-U 1

									4
		4							3
2									

4									
					2				
		4							
									1

SUDOKU HARD

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

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

Sudoku Medium answer from last month

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



THE magazine for the **WHOLE** family

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- 4) Follow the directions
- 5) See your ad in next month's issue.

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



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.

AYN DNOA IP ZKK TUPAO ZFISGM ZGJ BYFUOARZO

AFNN: AYN HFNONGBN IP Z YZHHJ PZRUKJ ZKK

CFZHNM SH UG NZBY IAYNF. -Burton Hillis

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

Board Games

continued from page 9

three key qualities when selecting a board game.

1. Choose games the whole family will enjoy. There are hundreds of different games to choose from and all of them are fun to play, but may appeal to different groups of people. A carefully selected game will broaden the appeal of a family's game collection to include friends, older siblings, parents and even grandparents. To select true family games, choose themes that cross gender lines and are ideal for a range of ages.



2. Look for games with a modern twist. Many of the popular pastimes of yesteryear have been updated to engage a whole new generation. For example, The Game of Life: Twists and Turns, a modern take on the classic game, offers far more choices and possibilities than the original. In addition, new

technical features provide a fast-playing experience that those new to the game will appreciate. The game now includes a "LIFEPod," which helps players keep track of time and manage their careers,

houses, cars and families with the touch of a button.

3. Check the age range before you buy. Recommended age ranges on games provide parents with a guide to themes and difficulty. Bringing home a game

that is too complex may frustrate both child and parent. Premium brands like Milton Bradley and Parker Brothers print age recommendations, playing time and the number of players required for the game in an easy-to-locate icon on the front of the box.

"Savvy parents know that games are a great way to have interactive family time," says Carlson. "Today's board games provide opportunities for social engagement and educational value in a fun and interactive way that keeps kids returning." **FPT**

Courtesy of ARAccontent

What do elves learn in school?
The elf-abet

What is the difference between the Christmas alphabet and the ordinary alphabet?
The Christmas alphabet has No L (Noel)

What Christmas Carol is a favorite of parents?
Silent Night

SUDO-KID-U answers from last month

01

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

02

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



HEALTH MATTERS

By: Patsy Meridith

Our physical and mental energy is easily depleted this time of year by the stresses of holiday demands. Altering external stresses is not always possible and there never seems to be enough time to find our inner balance through rest and relaxation, so when we get exhausted

we must simply find a way to reconnect with sources of energy from nature. Of course, adequate restorative sleep, regular exercise and healthy food choices are essential to our energy supply, but if these don't seem to be enough, we recommend one of our favorites called Unbounded Energy. Containing nutrients from the most bio-active living food forms available, Unbounded Energy provides us a spectrum of synergistic sources of organic whole-food probiotic vitamins, coenzymes, fermented minerals, fruits, berries, herbal extracts and tonic mushrooms that are invaluable to our vitality, immunity and well-being. As always, we guarantee your satisfaction.

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

Back Pain & Sciatica

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

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

Ease Holiday Stress With Fresh Gift Ideas

According to the American Psychological Association, finding perfect gifts is a top source of holiday stress for 42 percent of Americans. Don't let shopping anxiety get to you this season. These picks are sure to please anyone on your list.

1. For someone who has everything but time, Playaway (www.playawaydigital.com) is the first and only pre-loaded audiobook player -; allowing listeners to press play and go. With no cumbersome CDs or time-consuming downloads, it's perfect for the busy book lover. \$30
2. Lost in wrapping paper? Help loved ones find their toys, keys and even pets with Loc8tor (www.loc8tor.com), the most sophisticated tracking device of its kind. Loc8tor's directional capabilities with on-screen visuals guide you to lost valuables and provide peace of mind. Loc8tor Plus' Alert

and Panic feature warns if children or pets go beyond pre-determined boundaries of up to 600 ft. From \$99



3. Gadget gurus can show off new toys in a scratch-free world! The ultra-thin invisibleSHIELD (www.invisibleshield.com) protects gadgets with military-grade technology, offering unmatched protection without concealing the gadget's sleek design. And we checked twice, it really doesn't scratch. \$10
4. Brighten the sounds of the holidays with noise-isolating Super.fi 3 Studio earphones (www.ultimateears.com). Born out of hands-on experience with music legends like Van Halen and Madonna,

Ultimate Ears' portfolio of rockstar-grade earphones is ideal for new bands and fans alike. \$99

5. Your loved ones will drive safely with i.Sound RoadTalk (www.isound.net), a hands-free Bluetooth wireless car kit -; the first to be iPhone compatible. It plugs directly into the car's cigarette lighter and immediately transmits your conversations through the car stereo. You can also listen to iPods or MP3 players on the go. \$94
6. Kids will be rockin' like stars with dreamGEAR's plug-and-play ShredMaster JR (www.dreamgear.net). The guitar-shaped controller plugs directly into any TV without an expensive gaming console, with chart-topping songs made famous by artists like Bon Jovi. \$34
7. Guests are gone, but messes aren't? Eco-friendly Shark Steam Mop (www.sharksteammop.com) gets the party host off to a clean and healthy New Year, out cleaning chemical-pad mops without leaving any residue, and drying instantly. It turns ordinary tap water into a powerful cleaner, leaving floors safe from toxins harmful to children and pets. Additionally, it has no chemicals or disposable pads. \$79 **FPT**

MESSAGE

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

Telephoned	✓	Please Call	✓
Reaches your potential customers	✓	Has great rates	✓
Wants to see you	✓	Has an opportunity for you	✓

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

Operator. *Chris Joker* **URGENT**

Courtesy of NewsUSA

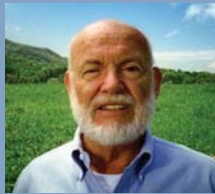
What's white and goes up?
 A confused snowflake!

What do you call an old snowman?
 Water!

S U P E R S U D O K U

S	6	2	8	5	D	9	C	A	1	3	F	7	4	0	B	E
U	0	E	D	F	7	2	3	1	6	B	5	4	C	8	9	A
P	7	9	A	4	8	B	F	0	C	D	2	E	6	1	5	3
E	C	3	1	B	4	6	5	E	9	8	0	A	D	7	F	2
R	2	6	4	E	3	D	8	5	7	9	B	1	0	F	A	C
S	5	C	B	7	9	4	1	F	D	0	A	8	E	3	2	6
U	9	A	F	3	C	0	2	7	5	E	4	6	B	D	8	1
D	1	D	0	8	6	E	A	B	2	F	3	C	9	5	7	4
O	E	8	5	1	2	7	B	D	A	4	C	0	3	9	6	F
K	F	B	6	A	1	C	4	8	3	5	E	9	7	2	0	D
U	4	0	2	D	E	A	9	3	F	6	7	B	5	C	1	8
A	3	7	C	9	F	5	0	6	8	2	1	D	A	E	4	B
Answer from last month	A	5	E	2	0	8	6	C	4	1	9	3	F	B	D	7
	D	F	9	6	B	1	7	4	E	C	8	5	2	A	3	0
	B	1	7	C	5	3	D	2	0	A	6	F	8	4	E	9
	8	4	3	0	A	F	E	9	B	7	D	2	1	6	C	5

Thank you, Tri-Cities!



Heart Care

Johnson City Medical Center is a Top 100 Heart Hospital ranking 67th in the nation for heart procedures.

Cancer Care

More people choose MSHA's Regional Cancer Center at Johnson City Medical Center for their care.



Ask-A-Nurse • 1.800.888.5551
www.msha.com

It's about more than just the surveys that say people prefer MSHA.

It's about more than winning the state's Excellence Award for quality or having a Top 100 Most Wired Hospital or even Tennessee's first Magnet Hospital for nursing excellence.

It's about choice.

More people choose Mountain States Health Alliance

Source: Joint Annual Reports for Wellmont and MSHA

Women's Health

More "miracles" are born at MSHA hospitals each year than any other hospital or healthcare system in the region.

Children's Health

The Children's Hospital at JCMC is the premier provider for children and one of only six St. Jude Affiliate Clinics in the world.

*We know you have a choice for health care.
Thank you for choosing the hospitals of
MSHA to serve your healthcare needs.*



Johnson City Medical Center • Indian Path Medical Center
Smyth County Community Hospital • Norton Community Hospital
Sycamore Shoals Hospital • North Side Hospital
Woodridge Hospital • The Children's Hospital at Johnson City Medical Center
Indian Path Pavilion • James H. & Cecile C. Quillen Rehabilitation Hospital
Johnson City Specialty Hospital • Dickenson Community Hospital
Johnson County Community Hospital