

DECEMBER 2008 FREE

Family Pastime Magazine
familypastime.com

THE magazine for the **WHOLE** family

Volume 4 Issue 5



IN THIS ISSUE:

- 11. Support the Troops This Holiday Season
- 13. Last Minute Holiday Help
- 18. Local E.M.S. Offers Free Medical Info Packets
- 13. Magic Reindeer Food

REGULAR FEATURES:

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

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To. **Business Owners**

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

Operator. *Chris Joker* URGENT

DECEMBER WEEKLY OBSERVANCES

- Chanukah (Hanukkah): 22-29
- National Aplastic Anemia Awareness Week: 1-7
- Tolerance Week: 1-7
- Recipe Greetings For The Holidays Week: 1-8
- Operation Santa Paws Week: 1-2
- National Handwashing Awareness Week: 7-13
- Clerc-Gallaudet Week: 7-15
- Human Rights Week: 10-17
- Gluten-free Baking Week: 14-20
- Posadas: 16-24
- It's About Time Week: 25-31
- Kwanzaa: 26-1/1



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DECEMBER MONTHLY OBSERVANCES

- Bingo's Birthday Month
- Colorectal Cancer Education and Awareness Month
- Identity Theft Prevention and Awareness Month
- Choose A 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
- Universal Human Rights Month

SUDO-KID-U 01 Last month's Answer

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

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SUDOKU HARD

Instructions: On page 3

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

Last month's HARD answer

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

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.
SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.
Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once.
Look in next month's issue for the answers.

Basic Subscription Rate:

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Everyone Can Win With Charitable Gifts

When you give a gift to a charitable group, you are rewarded by the knowledge that you're helping an organization whose work you support. But you can also get a "bonus" from your gift — in the form of tax benefits.

Specifically, your donations to charities that have received 501(c)(3) tax-exempt status are usually tax deductible, assuming you itemize your tax return. And as long as your total contributions for any one year are 50 percent or less of your adjusted gross income, there's no limit on the deductions you can take for your gifts to public charities.

Furthermore, your contributions may entitle you to more than just a tax deduction in the year in which you make your gift. If you decide to donate shares of stock, a piece of real estate or another asset that has increased in value since you purchased it, you can avoid the

capital gains taxes that will be due on the asset when it's sold.

Clearly, your charitable giving can provide you with some significant tax benefits. But if you're interested in going even deeper into the world of charitable gifts, you'll find that they can play a role in some of your long-term financial strategies, as well.

Consider, for instance, how you might use a charitable remainder trust. You'd start by donating an asset — such as appreciated stocks, bonds or real estate — to the trust, which is managed by a trustee. The trustee, in turn, could sell the asset (relieving you of immediate capital gains liabilities), reinvest the proceeds and then make regular payments to you or another beneficiary you named when you established the trust. So you could set up the trust to provide yourself, or one or more family members, with an income stream for life or for a designated number of years. After the lifetime of the last surviving beneficiary, or at the end of the specified term,

the trust would end, and any remaining assets would then be distributed to the charity you'd named.

Setting up a charitable remainder trust is not as easy as filling out a few forms; to do it correctly, you'll need to work with your legal and tax advisors. And once you establish such a trust, you'll find it can have considerable impact on some of the decisions affecting your retirement income. For example, if you could count on an income stream from a charitable remainder trust, you might be able to withdraw less money each year from your investments and retirement accounts, such as your 401(k) and IRA, to meet your income needs in retirement. In fact, if you were to receive this trust-generated income, it might even affect the type of investments you need to make before retirement, possibly changing the balance somewhat between "growth" and "income."

In any case, consider being as generous as you can afford in your support of worthwhile charitable organizations. But if you incorporate your charitable giving into your long-term investment picture, you'll need to make the right moves — so prepare carefully. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative



By Chris Joker

Punch Buggy

One morning I remember getting out of my car after driving to work singing "I love you, you love me..." and then realizing I was driving around, alone, an adult, listening to a children's cassette tape. Seeing as how I was a Disc Jockey at a Rock-N-Roll radio station at the time, this was not good for my "cool rock-n-roll image". Over the next few years I often caught myself accidentally listening to the children's tape while driving, I would then immediately insert the hardest rock cassette I could find something like AC/DC or Iron Maiden just to make up for the children's music indiscretion.

I tell you that story to share the latest happening in my life. I find myself driving around, by myself, an adult yelling out "Punch Buggy, no punch backs." At this point you are either smiling, because you do it too, cringing, because you do it too, or totally confused, because you have not been introduced to the Punch Buggy phenomenon...yet. Make no mistake about it if you have children, you will be!

This column will not serve to start you down the path of the eternal internal dialogue, which is Punch Buggy (or any of the increasingly evil and mind controlling derivatives--more on those later...or should

I say "moron those later"?). This column will merely serve as a heads-up for events, which will surely pass.

Punch Buggy is more than a child's pastime. I am convinced it is some sort of insipid brain washing or mind control. To what end? Maybe it's to distract us just enough so that we will give in to the ice cream or happy meal request. Maybe it has bigger plans like the gameboy, X-box or 4-wheeler request. I cannot say with certainty. If you take nothing else from this column please promise me, if at some time you notice Toys-R-Us putting in a drive through window you will, without delay, contact the Cult Awareness Network and have them send de programmers immediately. I would do it myself but I am afraid at that point the decision may be out of my hands. If we stick together on this we may

Please see "FKJ" on page 8

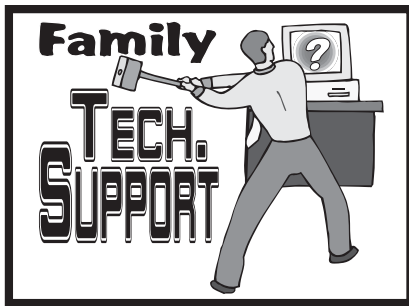
When my daughter was an infant she hated riding in a car seat. When I say hated I mean HATED, LOATHED, DESPISED, DETESTED riding in a car seat. It was almost scientific. As soon as she was in the car seat she would cry. Take her out, not cry. Put her in, cry. Sufficed to say on most occasions I carried my daughter and walked to the grocery store. However, walking was not always an option so I tried different forms of distraction. When someone else was driving and I was the passenger I would lean the seat back and let her play with my hair. This worked wonders—for her. I on the other hand would get out of the car with what looked like a brillo pad on top of my head. If I was driving I couldn't very well lean my seat back to offer what little brillo was left so I would play children's songs in the cassette player (yes, Virginia back in the dark ages before CDs and Mp3s we used to have TAPE players in cars). Songs like "row, row, row your boat", "down on Grandpa's farm" songs from Barney the dinosaur etc. Sometimes this worked, sometimes it didn't.

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Digital Camera Tips

With the holidays upon us we may be thinking of buying our first digital camera, upgrading our existing digital camera or buying one for a gift. With so many options out there, how do we choose? Here are some tips that may help.

HOW WILL YOU USE THE CAMERA

First you need to think about how you will be using the camera. Will you be lugging it to lots of events? If so size and weight are important. Will you be printing lots of pictures or just e-mailing lots of pictures? This will greatly determine the resolution you need. DSLRS (digital single lens reflex) cameras will give you great pictures but are quite bulky and expensive. Digital compacts can give you great results and they are lightweight and less expensive.

MEGAPIXELS (resolution)

My personal belief is you should always get the highest resolution you can. This will give you the option of printing or e-mailing. You can always make a picture smaller but you cannot make it bigger (without quality loss). Resolution always seems to be confusing. A low-resolution picture will always look better on your computer screen than when you print it out. A computer screen displays at 72 dpi (dots per inch) while a print is 300 dpi. Confusing, I know. Think of it this way, for printing at good quality:

Max Print Size Minimum MP Resolution

4 x 6" 2 megapixels 1600 x 1200
 5 x 7" 3 megapixels 2048 x 1536
 8 x 10" 5 megapixels 2560 x 1920
 11 x 14" 6 megapixels 2816 x 2112
 16 x 20" 8+ megapixels 3264 x 2468

Now, you may never in your life need to print a 16 x 20" picture however, if you take a picture at this size and you want to crop it you will want to start with a larger image. Cropping means to remove part of the image. This may involve cutting some of the image from the left, right, top, bottom, or any combination. It may also mean just cutting out a small rectangular of the image. For example, your friend takes a picture of your family and leaves a good five feet of headroom above the tallest person. If you are going to use the photo as your Christmas card picture, you probably don't want half the picture to be filled with sky. Therefore, you can use an image-editing program to

crop the top part of the image, leaving only a small area above the tallest person's head. Thin of it this way if you have to remove the surrounding area on a 4 x 6 picture you will be left with maybe a 2 x 4" picture however, if you crop the same picture starting out as 16 x 20" you still have a large picture to print. If you do not need to crop and just want to print the picture you can always re-size it in any of a number of digital editing programs (see Family Tech from 6/08—available at familypastime.com) so that it will print on a 4 x 6, or 8 x 10" or whatever smaller size you want without losing picture quality. So look for the highest resolution (mega pixels) in your budget.

ZOOM

Camera manufacturers always give you two figures 1) optical and 2) digital. Don't pay any attention to the digital zoom figure. You want a camera that has the highest optical zoom you can afford. Also be wary of zoom ratings that combine the optical and digital.

STORAGE:

This is how your camera stores the images you take. The higher the megapixels the more storage you will need. Your new camera will come with storage media but it probably won't be big enough so you will need to replace it with a larger media card. The most common types of digital camera storage media are CompactFlash, Secure Digital, xD Picture, Memory Stick, MicroDrive, and SmartMedia. When considering a camera look at what type of media it uses, the speed of the media (this is how fast the camera transfers the image to the media—useful because of how fast you will be able to snap the next picture) and how much a replacement card will cost.

VIEW SCREEN AND VIEWFINDER

I personally like a camera with both although I generally just use the viewfinder. The viewfinder is that little window you look through to line up your shot. The view screen is that little LCD screen on the back of your camera. The viewfinder does not use up your battery power, that little screen uses more power than most any other feature on your camera. With the viewfinder it doesn't matter if you are in bright light, the LCD is hard to see in bright light. Also, since you have to hold the camera up close to your body with the viewfinder, you can stabilize it better so you don't take a blurry shot. Unfortunately (to my way of thinking, many cameras do not have a view finder anymore, the just have the view screen. The positive things about the view screen are that you can instantly view an image you just shot, Although you have a harder time keeping the camera steady, you can hold it in positions where you could never use the viewfinder to line up a shot, such as over your head. The view screen is more accurate in lining up a shot. If you wear glasses you may find using the viewfinder more difficult. I would suggest you look for a camera with both and that you also look for the biggest LCD you can afford.

BATTERIES:

Some cameras use proprietary batteries. While these

batteries are specifically designed to be used with your camera and may last longer, I find them more expensive than regular alkaline batteries. I prefer a camera that takes both proprietary and AA batteries. This way if I am out somewhere and the battery dies I can stop in any local store and pick up some more AAs. Also if you prefer you can always buy rechargeable AAs.

MENUS:

When selecting a camera be sure to look into how you change the functions. Some have actual buttons, some use on screen menus. Make sure you are comfortable with the way your choice changes functions and settings.

IMAGE STABILIZATION (IS) / ANTISHAKE

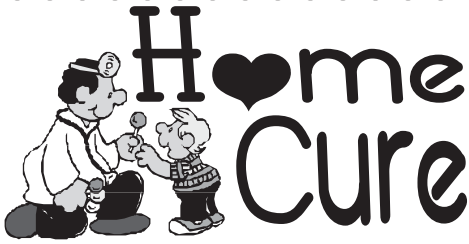
Many cameras offer a feature called "Image Stabilization" or "Anti-shake" or "Anti-blur" or something like that. This feature is a technology that helps prevent digital photos from becoming blurred. Basically there are two types optical and digital. They both help to varying degrees. Optical Image Stabilization is hardware based. Typically a camera with this have a built-in gyrosensor and microprocessor that detects camera shake as it occurs. The stabilizer compensates for any camera movement. Be aware though that optical image stabilization does not prevent blur if the subject is moving only if the camera is shaking. Digital Image Stabilization simply boosts camera sensitivity (ISO) to obtain a faster shutter speed. No hardware is involved. Faster shutter speeds help prevent blur.

GOODIES:

A couple of extra features, which are nice, are a timer. With a timer you can set it so the picture will not snap until 15 or 30 seconds or so. This way you can set the camera down (or on a tripod), line up the shot then push the button and have time to get in the picture yourself before it snaps. Some digital cameras also shoot short videos, some even have sound. The quality will not rival that of a dedicated camcorder but is nice to have if you need it, like when that UFO flies overhead. Direct-to-printer or PictBridge (CIPA) for printing directly from the digital camera without requiring a computer in between), in-camera red-eye removal, automatic exposure fix (The camera measures the amount of light required for a scene and adjusts the exposure accordingly), face detection/recognition (The camera detects faces in a scene and then automatically focuses and optimizes exposure and flash output).

Armed with these tips you should be able to find a camera that meets your needs. One final note though is once you settle on a model or models you should really try to actually put your hands on it and see how it feels to you before you buy. **FPT**

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



Motion Sickness

- Wristbands that use pressure points on your wrist. You can buy them at pharmacies or online.
- Take ginger in capsule form half an hour to an hour before the trip.
- Peppermint candy is an awesome remedy for car sickness.
- Take vitamin B6 for three days prior to the trip.

- Saltine crackers. They seem to absorb excess stomach acid.
- Keep your eyes on the horizon. Its easy to do just tell kids to look at things as far away as possible (far off mountains...far away city lights at night, etc) it takes maybe 4 or 5 minutes to kick in but it works.
- Try a slushy or snow cone. The ice temporarily rids you of the motion sickness
- Drink peppermint tea to settle the stomach and relieve nausea.
- Secure a pickled umeboshi plum in your navel as a preventative measure.
- Take one tablet of ginger one hour before your boat trip

- or car trip.
- Ginger cookies or Ginger ale.
- Whenever you start getting motion sick push down a little bit & rub in small circles right underneath your bellybutton for about 30 seconds then stop and it should help.
- Chew a minty gum.
- Put a band aid over your belly button
- Suck on a wintergreen lifesaver or any other wintergreen mint
- Rub those bones right below your ears. It relaxes you and Makes you get over your motion sickness.
- Put an Aspirin in your belly button and then place an adhesive bandage over it to hold it in.

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



Quit Cold Turkey

What it means:

You go cold turkey when you suddenly stop a habit, which you had been doing regularly. Example: “Did it take you a long time to quit smoking?” Reply: “No. I just went cold turkey, and I never smoked again.”

Origin:

became ‘to talk cold turkey’; hence ‘cold turkey’ came to mean cold facts, unpleasant truths. By the 1940s ‘cold turkey’ was a drug addict’s term for a sudden and complete withdrawal from drugs. Another thought about the origination is that cold turkey is a dish that needs little or no preparation. “To quit like cold turkey” would be to quit in the same way a cold turkey is served, instantly just as you are without preparation. Some say it’s because heroin addicts undergoing withdrawal are so pale and covered with goose bumps their skin looks like that of an uncooked (cold) turkey.

Say WHAT???

By: Family Pastime Staff

It may have started with the idiom “talking turkey” which means to speak plainly by 1830 the expression

FPT

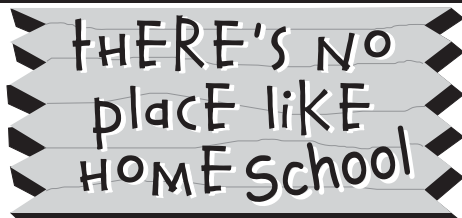
SUDOKU REALLY HARD

Sudoku last month's Really Hard answer

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

There once was a Tsar in Russia whose name was Rudolph the Great. He was standing in his house one day with his wife. He looked out the window and saw something happening. He says to his wife, “Look honey. It’s raining.” She, being the obstinate type, responded, “I don’t think so, dear. I think it’s snowing.” But Rudolph knew better. So he says to his wife, “Let’s step outside and we’ll find out.” Lo and behold, they step outside and discover it was in fact rain. And Rudolph turns to his wife and replies, “I knew it was raining. Rudolph the Red knows rain, Dear!”

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



Christmas Ideas From A To Z

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. With the economy being so tight, many of these are FREE!

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, Advent begins on the fourth Sunday prior to Christmas Day. Our favorite Advent series is back in print, with Jotham's Journey just being re-released and available at Christian bookstores. We read through it nightly, and light an Advent wreath

Baking Christmas cookies is a cherished tradition started with my Great Grandmothers

Caroling party - invite friends for an evening of soup and snacks, then go out caroling in the neighborhood with tracts that tell of the Lord's birth, the Candy Cane story, etc., then come home to hot apple cider, coffee and dessert. The last year we were home, one of our neighbors had just lost her husband, and the whole family was mourning. That yearly caroling visit, with rambunctious children who were out of tune, singing of the promise of the Savior, meant so much to them.

Delightful Christmas books - pile them in a pretty basket and spend the holidays curled up and reading out loud to the children each night around the tree. Pick up new books at post-Christmas sales for next year.

Entertain at a home for the elderly - they love seeing children performing ANYTHING! So many are separated from their own families - it is a blessing to see yours!

Favorite Christmas Movie night, curl up in your fuzzy jams and spend an evening watching movies. We love "It's a Wonderful Life"

Gatlinburg in the Smokey Mountains - take a daytrip, then stay to see the lights at night from the Trolley (especially if you are new to the area - pack a thermos of hot chocolate or cider and go!)

Homemade Christmas gifts are the ultimate gift of time, love and affection

Icing on sugar cookies - we use Emilie Barnes' cookie cutters that tell the Christmas story (ideal to give a plate out while caroling)

Journal of what the family does each year, who comes to the caroling or Christmas parties, they can sign and add notes. You can add what the children want each year, and their reaction! Works well in journal or scrapbook form.

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, read the Christmas story, give a plate of those gospel cookies

Nativity set - we have nativity sets everywhere and love to make new ones to celebrate the birth of Baby Jesus

Ornament party - have the neighborhood children over and make ornaments for gifts or for needy families. Ornament parties are a great time to share the Lord with children in the neighborhood.

Paper snowflakes - the coolest thing we did for our hotel Christmas, we cut out dozens of snowflakes and decorated the extended stay hotel with cut paper snowflakes! Ideal for a nursing home as well - homemade decorations really appeal to people away from home

Quilt stockings - children love quilts so quilt a stocking in their favorite 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 then read through it! Stamp Christmas cards as a family and include that family newsletter. We get a kick reading our old family newsletters in our Christmas album each year and seeing how the family changes.

Traditions are the family glue. Whether you grew up in a family with them or not, create your own. When your children leave home, give them the ability to create those traditions that mean the most to them in their new homes.

Under the tree photo! Every year we take one with the special gifts and our pets (scrapbook that!)

Vitamin C - for winter cold immunity try Emergen-C, a fizzy drink full of vitamin C and more!

Window painting, wrapping paper - decorate your own this year and share the Spirit of the season

Xmas (how ELSE do you use an X?) shopping day with the children for siblings, Mom and Dad

Yule log, study the Yule log, pick a recipe, make, decorate, eat on Christmas Day or share with friends

Zipping through the snow on a sleigh - oh how we wish!

Build some new family traditions this year! And scrapbook them. May the Lord Bless you and keep you. Happy 2009 **FPT**

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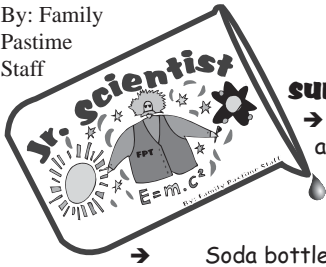
Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling e-mail them to homeschooling@familypastime.com.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

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

LIGBZOJRZ BZ R GRIC OW ZCC DIBLI PBM CZ WAO
TBGZO - SWAG JWFC S WG SWAG TCCO: ~Unknown
 Look on the Fun Family Events page for a clue. Look for the answer next month.

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

By: Family
Pastime
Staff



Make a Homemade Lava Lamp!

SUPPLIES:

- Empty and clean 16 oz. Plastic soda bottle
- Soda bottle cap
- Vegetable oil
- Food coloring
- A large Alka-seltzer tablet
- Water
- Flashlight (optional)

oil.

2. Add water to the remainder of the bottle, almost to the top but without it overflowing.
3. Add 10 drops of food coloring, to make the solution appear fairly dark.
4. Cut the Alka-Seltzer into 8 pieces.
5. Drop one of the tiny pieces into the oil and water mixture. The mixture will start to bubble.
6. Wait until the bubbling stops and add another piece of Alka-seltzer. Continue until there is no more Alka-seltzer, and

the bubbling has completely stopped.

7. Screw on the cap of the soda bottle.
8. Tip the bottle back and forth and watch the wave appear.
9. The reason this homemade lava lamp works is because the tiny droplets of liquid join together to make one big lava like blob.
10. Place a flashlight with a bright beam under the bottle to illuminate the bubbles for maximum visual effect. **FPT**

HOW TO:

1. Fill the bottle 3/4 full with vegetable

FKJ continued from page 4

overcome the evil "Punch Buggy" -- (or any of the increasingly evil and mind controlling derivatives-- "moron those later").

I do not know where Punch Buggy started. I do know that it was part of the Disney film "Lilo and Stitch" so maybe we can lay it at the mouse's feet. One day I was driving around with my children and my daughter yells "Punch Buggy" and hits her brother in the arm. Here's how it worked (and I say "worked" because the rules have evolved). When you see a Volkswagen Beetle you may say "Punch Buggy" and if you are the first you get to punch someone in the arm. This proved to be a problem so I soon inserted what little parental influence I have left to at least put a stop to the actual punching aspect of the game. Soon Punch Buggy evolved to "Punch Buggy, no punch backs"... what do you mean "no punch backs"? I didn't know punch backs were an option? If you didn't say "no punch backs, you didn't get credit for the punch buggy. The next iteration was "punch Buggy, yellow (or what ever color the car was), no punch backs. Again if you didn't include the color it didn't count. When I say color I mean EXACT color. If it was light blue and you just said blue, it didn't count. Soon I found myself driving around, alone, an adult yelling out "Punch Buggy, green, no punch backs" (or any of the increasingly evil and mind controlling derivatives-- "moron those later").

"Moron" those now. My children began adding to the Punch Buggy sightings. The first addition was "Cruiser Bruiser"... for a P.T. Cruiser. Which of course had to be "Cruiser Bruiser, burgundy, no punch backs". Now however many months or years later (it's kind of a blur) the list got completely out of hand. I am compelled to share with you the Big fat list of "punchable" vehicles (no punch backs).

In the effort to save time and space I will omit the "color, no punch backs" but surely you understand by now you will be required to add it to each of the following.

- "yoda-van" (Toyota van)
- Macy Spacey (Saturn VUE)
- Mini-Mini (Mini cooper)
- Banana (any yellow vehicle)
- Box car (Scion xB or Honda Element)
- Hum car (Hummer)
- Trailer truck (18-wheeler)
- Oreo (any two black vehicles with a white vehicle in the middle)
- Cherry (any red vehicle)
- Marshmallow (any white vehicle)
I'm not certain if you can combine marshmallow with Oreo?
- Double (2 vehicles that have anything in common such as: color, type, make, etc.)
- Orange (any orange vehicle)
- Apple (any green vehicle)
- Grape (any purple vehicle)
- Bat mobile (a vehicle which resembles the bat mobile)

- Creepy Jeep (jeep)
- Stopper popper (see below)

In the interests of full disclosure I feel obligated to explain stopper popper. I am not proud of this but here goes, the kids were adding punchable sightings faster than I could keep up with so one day out of an attempt at self preservation I shouted out "tree, no punch backs". "Dad, you can't punch on a tree." Why not? They were adding things, why couldn't I? I tried again, "House, no punch backs". Again, "Dad, you can't punch on a house." Hmmmm. "Stop sign, no punch backs". My daughter decided this might be acceptable but we needed a catchy name. "Stopper Popper, no punch backs" was born. Do you have any idea how many stop signs you pass on even a short trip in the car? I do. Oh, for the love of Mickey Mouse I DO!!!!

Today if you take a drive with the Joker family you will experience constant chatter. "Punch Buggy, light green, no punch backs, Stopper Popper, no punch backs, banana, no punch backs, Creepy Jeep, Creepy Jeep, no punch backs, Oreo, Apple, Hum car..." Try talking with someone while they inadvertently whisper Creepy Jeep...Yoda van...Macy Spacey..." It's worse than that. I have actually been riding around or even just sitting in a restaurant with a client and while they are talking I will notice a car out the window so in my head I am saying "Punch Buggy, black, convertible, no punch backs" and I completely miss what he was saying.

It may actually be too late for me. Sad as it is I actually long for the days of singing "I love you, you love me..." If you have not yet sauntered down the dark and ever evolving path of Punch Buggy, for the love of Mickey Mouse, save yourself...no punch backs! **FPT**



Safe Toys And Gifts

BY: James Watson



There should be fewer things safer for children than the toys with which they play, but news reports in recent years as well as the ongoing list of recalled toys stand as warning signs to parents and others to be vigilant in their purchases for the holidays.

The time between October to December accounts for nearly 80 percent of all toy sales in the United States, and according to the U.S. Consumer Product Safety Commission (CPSC), there are millions of types of toys on store shelves and thousands have been banned due to safety, though they still sometimes appear on store shelves. The CPSC also estimates that more than 150,000 toy-related injuries are serious enough to be treated in hospital emergency departments each year.

With hundreds of new toys hitting stores each year, here are a few key tips to keep in mind when looking at what to buy:

- **Magnets** – For children under age six, avoid building sets with small magnets. If swallowed, serious injuries and/or death can occur.
- **Small Parts** – For children younger than age three, avoid toys with small parts,

which can cause choking.

- **Ride-on Toys** – Riding toys, skateboards, in-line skates etc. go fast and falls could be deadly. Helmets and safety gear should be sized to fit.
- **Projectile Toys** – Projectile toys such as air rockets, darts and slingshots are for older children. Improper use of these toys can result in serious eye injuries.
- **Chargers and Adapters** --Adults should supervise charging batteries. Chargers and adapters can pose thermal burn hazards to children.
- **The US Consumer Product Safety Commission** also offers the following recommendations:
 - **Be a label reader.** Look for toy labels that give age and safety recommendations and use that information as a guide.
 - **Select toys to suit the age, abilities, skills and interest level of the intended child.** Look for sturdy construction, such as tightly secured eyes, noses and other potential small parts.
 - **For all children under the age of 8,** avoid toys that have sharp edges and points.

Once the gifts are open:

- **Immediately discard plastic wrappings** on toys before they become dangerous play things.
- **Keep toys appropriate for older children** away from younger siblings or neighbors.

- **Pay attention to instructions and warnings** on battery chargers. Some chargers lack the ability to prevent overcharging.



Consumers who have already purchased gifts should make sure they check that their gift lists do not include any of the recalled toys or children's products on CPSC's Web site (www.cpsc.gov). To keep up-to-date on dangerous products consumers may sign up to have recall announcements e-mailed directly to them. You may choose to receive all recall announcements or just children's product recalls. Consumers also can call CPSC's toll-free hotline at (800) 638-CPSC. For information about all types of recalls, visit www.recalls.gov. **FPT**





TOP TEN COLD WEATHER TIPS

Brrrr...it's cold outside! The following guidelines will help you protect your companion animals when the mercury dips.

1. Keep your cat inside. Outdoors, felines can freeze, become lost or be stolen, injured or killed. Cats who are allowed to stray are exposed to infectious diseases, including rabies, from other cats, dogs and wildlife.
2. During the winter, outdoor cats sometimes sleep under the hoods of cars. When the motor is started, the cat can be injured or killed by the fan belt. If there are outdoor cats in your area, bang loudly on the car


3. Never let your dog off the leash on snow or ice, especially during a snowstorm—dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure yours always wears ID tags.
4. Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.



5. Never shave your dog down to the skin in winter, as a longer coat will provide more warmth. When you bathe your dog in the colder months, be sure to completely dry him before taking him out for a walk. Own a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly. For many dogs, this is regulation winter wear.

6. Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.
7. Puppies do not tolerate the cold as well as adult dogs, and may be difficult to housebreak during the winter. If your puppy appears to be sensitive to the weather, you may opt to paper-train him inside. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself.
8. Does your dog spend a lot of time engaged in outdoor activities? Increase his supply of food, particularly protein, to keep him—and his fur—in tip-top shape.
9. Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol. Visit the ASPCA Animal Poison Control Center more information.
10. Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect. **FPT**

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Q: What do elves learn in school?
A: The elf-abet

Q: What Christmas Carol is a favorite of parents?
A: Silent Night

Q: What do you get if Santa goes down the chimney when a fire is lit?
A: Crisp Cringle

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Support the Troops This Holiday Season

(NewsUSA) - **A**s families gather for the holidays, some will face a conspicuous absence - their mothers, fathers, brothers, sisters, sons, daughters, uncles, aunts or cousins can't make it home because they are serving abroad.

Military service requires sacrifice, but service members feel the distance between themselves and their loved ones most keenly on holidays. While families enjoy holiday feasts and gift exchanges, they should remember to support the members of the military whose jobs keep them far from home, in many different parts of the world, including Afghanistan, Korea, Japan, Germany and Iraq.

The USO (United Service Organizations) supports the troops through the year. Although most people do not realize it, the USO is a nonprofit organization that depends on individual and corporate donations. This grassroots funding and the support of 44,000 volunteers are the lifeblood that enables the USO to ease the burden placed on the troops and their families.

"Meeting these brave young men and women, I'm amazed at the great job they do, serving so far from home, family and friends, working tirelessly for months on end," says USO

President Sloan D. Gibson. "As I visited with them and learned more about their lives, their children and their families, the sacrifices they make on our behalf, their stories become even more remarkable."

The USO operates centers around the world to help support military members and their families. In 2007, more than 7 million troops and their family members received support from 135 centers around the world. The USO also sends entertainment tours overseas to lift troop spirits.

"We have created expeditionary programs to deliver to our troops serving in the most remote locations," says Gibson. "Programs like our new 'USO in a Box' provide them with the feeling of home away from home."

In addition to care packages, the USO hands out prepaid phone cards. When troops return home, USO volunteers meet them at airports, guaranteeing that they come home a hero. Other programs let deployed service members record videos of

themselves reading stories to their children.

To learn how you can brighten the season for military members and their families, visit www.uso.org. **FPT**

Last month's Medium answer

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

What do you call people who are afraid of Santa Claus? Claustrophobic!

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DOUBLE TAKE

Find at least 28 differences in the two pictures (answers are on the bottom...no peeking!!!)



Fire, Santa pants, Stocking, Santa's bag, Holy on sign, Dog's eyes, Present ribbon, Bear, Tree ribbon, Candle moved, Santa beard, Present, Stocking facing other way, Tree star, Exclamation point, Santa glasses, Fireplace, Present in sack, Candle order, Truck, Tree ornament, Green Gift, Snow on sign, Milk Level, Sign, Bear Belly



Holiday Green Tips By: Eva T. Hunter

The Holiday season is upon us once again and as we look forward to this time of year, may I impress upon you to continue your family's commitment to recycling. This is the time of year that we tend to do things to excess – overspending on presents, overindulging at holiday gatherings, and overextending our schedules with too many commitments. Here are some suggestions for reducing the abundance of trash, which can overwhelm our garbage cans and the local landfill.

Recycle large shopping bags from department stores. Paper bags may be placed in your curbside bin or you can use them to carry home your next grocery shopping. Plastic shopping bags are great for storing out of season items; remember to label them so that you won't forget what's in them.

Recycle glass, plastic and aluminum containers from refreshments at holiday parties. If your hostess lives in an area that does not offer the convenience of curbside recycling, offer to bring along an extra bag designated for recyclables and carry it away for her.

Use reusable plates and utensils as often as possible.

Check with local shelters and churches to see if they accept leftover food from your holiday buffet instead of throwing it away.

Remember that gift boxes are recyclable. Please flatten and place in curbside bin.

Forty percent of the heavy metals found in landfills are the result of electronic disposal.

Please remember to drop off your old computers, electronics and cell phones to Solid Waste Services at 91 New Street Johnson City.

Lastly, this topic would not be complete without mentioning what you to do with your live Christmas tree after the holidays. Consider buying a tree that the family can plant after the holidays or you may place your Christmas tree

at the street (by January 10, 2009) for pick up. The City of Johnson City will recycle them into mulch for cityscapes or TWRA will use them in area lakes as fish habitats. The employees of the Solid Waste Division wish you and yours a blessed, safe, warm and happy holiday season. Since 1989, the City has collected more than 150 million pounds of recyclables and in turn has saved the community 2.5 million dollars in disposal fees. We appreciate your recycling efforts.

FPT

Eva T. Hunter is Recycling Marketing Coordinator City of Johnson City



SUDOKU EASY

Instructions: On page 3

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

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CREATURE FEATURE

By: Georgia Tetch



REINDEER

Wild Reindeer are found in

river. They prefer to be in the snow.

Reindeer are

often used in works of Christmas stories (Santa's sleigh is 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 Cringle "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, Christmas Magic touched his nose, and since this day his nose has glowed bright red.

AT THE MEMPHIS ZOO: During the Zoo Lights event, they have 2 reindeer that live at the Zoo in the Once Upon a Farm exhibit. Zoo Lights runs through December 31. **FPT**

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 females grow antlers. The antlers are covered with "velvet", in summer. The reindeer coat has two layers of fur, a dense woolly 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

Magic reindeer food takes very little effort to prepare, yet it never fails to delight the younger set. Parents and grandparents will surely find themselves on Santa's "Nice" list if they make some this Christmas!

RECIPE FOR MAGIC REINDEER FOOD #1

SUPPLIES:

- Colored crystal sugar (cake decorating sugar)
- Dried apple slices
- Nutmeg
- Cinnamon sticks
- Cloves

HOW TO:

1. Put ingredients together in a bowl and

mix.

2. On Christmas Eve, sprinkle on your lawn to help Santa's reindeer find your house.

RECIPE FOR MAGIC REINDEER FOOD #2

SUPPLIES:

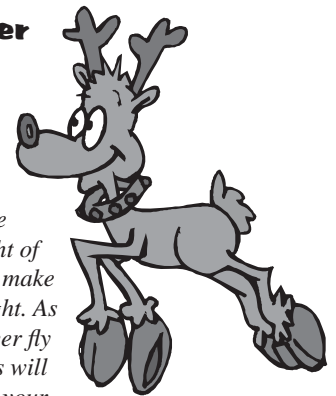
- Bird seed
- Dry oatmeal or cereal (such as cheerios, rice krispies, or grape nuts flakes),
- Red or green colored sugar crystals

HOW TO:

Mix all supplies in a bag then sprinkle on lawn on Christmas Eve

Reindeer Food Poem:

"Sprinkle this in your yard on Christmas Eve night. The light of the moon will make it sparkle bright. As Santa's reindeer fly and roam, this will guide them to your home!"



Last Minute Holiday Help

According to the National Retail Federation, last year 35 million people had not even begun their holiday shopping 10 days before Christmas. "The holidays are an important time to recognize our relationships with friends and family and we do so by exchanging gifts and greetings, but the most essential tradition is just to spend time together," says Rochelle Lulow, holiday etiquette expert at American Greetings. "Even if you've waited until the last minute to tackle your to-do list, there are many things you can do to help get everything done, and to give you more time to spend with loved ones."

Lulow offers the following helpful tips to tackle that to-do list and get to the celebrating:

Make a list, check it twice:

While the sound of the holiday clock ticking adds a tremendous amount of pressure, take a few minutes to sit down and draw up a list with corresponding budget. It will save you time in the long run -- as you can consolidate your shopping trips -- to ensure that no one is forgotten.

Hold a quick brainstorming session:

Enlist the help of friends and family to find out what everyone on your list needs or wants. In their early bird aisle wandering, they may have already spotted the perfect item for you to pick up.

Escape the traffic:

Try shopping during extended hours, or, if you have the vacation time to spare, consider taking a weekday off in order to play catch-up.

Go online for speedy, yet personalized gifts:

Online photo personalization retailers such as PhotoWorks (www.photoworks.com) offer fast ways to create and ship custom holiday greeting cards, photo books and photo gifts that will be treasured for years to come. The bonus is that the Internet is open 24/7 and there are never any lines.

By all means, delegate:

Just because you've waited until the last minute does not absolve any immediate family members from having holiday duties. Try assigning some gift wrapping or the addressing of holiday greeting card envelopes to another family member. **FPT**

Baklava

SUPPLIES:

- 1 (16 OZ) package phyllo dough
- 1 pound chopped nuts
- 1 C butter
- 1 tsp ground cinnamon
- 1 C water
- 1 C white sugar
- 1 tsp vanilla extract
- 1/2 C honey

HOW TO:

1. Preheat oven to 350
2. Butter bottoms and sides of a 9x13 inch pan.
3. Chop nuts and toss with cinnamon.
4. Set aside.
5. Unroll phyllo dough & Cut stack in half to fit pan.
6. Cover phyllo with a dampened cloth
7. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered.
8. Sprinkle 2 - 3 TBS of nut mixture on top.
9. Top with two sheets of dough, butter, nuts, layering as you go.
10. Top layer about 6 - 8 sheets deep.
11. Cut into diamond or square shapes all the way to the bottom of the pan.
12. Bake for about 50 minutes until baklava is golden and crisp.
13. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.
14. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in Cake papers.
15. This freezes well. Leave it uncovered, because it gets soggy if it is wrapped up.

Kid Friendly Recipes



Curried Cauliflower Soup

SUPPLIES:

- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 medium onion, roughly chopped
- 1 tablespoon curry powder
- 1/4 teaspoon cayenne pepper
- 1 head cauliflower, cut in florets
- 1 medium white potato, peeled and cut in chunks
- 6 cups chicken stock
- Salt to taste
- 1/2 cup parsley, minced
- 1/4 cup chives, finely chopped

HOW TO:

1. Heat butter and oil in heavy soup pot.
2. Stir in onion and cook over medium heat until onions soften, about 10 minutes.
3. Stir in curry and cayenne.
4. Mix well and cook for one minute.
5. Stir in cauliflower and potato.
6. Toss well to coat with curry mixture and sauté for two minutes, stirring.
7. Add stock. Bring to a boil then lower heat and simmer until cauliflower is soft, about 20 - 30 minutes.
8. Let cool slightly. Strain soup, reserving liquid.
9. Puree vegetables in food processor and return to liquid, combining with a whisk.
10. Put soup in clean pot to reheat. Salt if necessary.
11. Just before serving, stir in parsley and chives.

German Stollen

SUPPLIES:

- 1 1/2 C raisins
- 1 C golden raisins
- 1 C candied fruit
- 1 C chopped blanched almonds
- 1/2 C dark rum
- 2 envelopes dried powdered yeast
- 1/2 C lukewarm water
- 2 Cs milk
- 1 tsp salt
- 1 TBS butter
- Grated rind of 1 orange
- 6 - 7 C flour
- 1/2 tsp nutmeg
- 1 tsp cardamom
- 4 eggs, lightly beaten
- 1 C sugar
- 1/2 C melted butter to brush over dough
- Confectioner's sugar to dust top of dough

HOW TO:

1. **Night before:** Soak raisins, fruit and almonds in rum at room temperature. In the morning, drain and set aside, reserving rum.
2. Dissolve yeast in warm water.
3. Scald milk with 1 TBS sugar, salt, butter and orange zest. Stir in rum. Cool to lukewarm.
4. Sift together flour, nutmeg and cardamom.
5. When milk has cooled, stir in yeast and 2 Cs of flour. Mix well and set in warm draft-free place for 15 - 30 minutes.
6. Stir in lightly beaten eggs and sugar. Gradually mix in remaining 4 to 5 Cs flour. Dough should be just dry enough to be handled. Knead dough on a floured work surface for 5 minutes.
7. Place dough in lightly greased bowl, cover, put in draft-free spot until doubled about 2 hours.
8. Punch dough down, return to floured work surface and add dried fruit and nuts, and work into dough while kneading. Fruits and nuts should be evenly worked into dough. Knead until dough is smooth and elastic.
9. Cut into three equal pieces. Roll or flatten each piece into an oval 3/4 inch thick, pinching the ends to close.
10. Brush top of each with melted butter and sprinkle with a little sugar. Place loaves on buttered baking sheet or jelly-roll pan. Covered loosely, and leave in warm place for about 30 minutes to 1 hour or until risen about 2/3 larger.
11. Preheat oven to 350°F.
12. Bake loaves for 35 - 45 minutes, or until loaves turn golden brown.
13. Brush with butter and dust with confectioner's sugar. Let cool on wire racks.
14. Wrap tightly in foil keep in a cool place for 2 to 3 weeks to ripen.
15. Before serving, dust with powdered sugar.

Sage Sausage Bread

SUPPLIES:

- 1-pound sage pork sausage
- 1 small onion, chopped
- 1 jalapeno pepper, chopped
- 1/2 C shredded Swiss cheese
- 1/4 C grated Parmesan cheese
- 1 egg, beaten
- 1/4 tsp hot pepper sauce
- 1/3 C milk
- 2 Cs buttermilk baking mix
- 1/4 C melted margarine
- 1 tsp salt
- 2 TBS chopped fresh parsley

HOW TO:

1. Preheat an oven to 400 degrees

2. Grease a 9x13 inch baking pan.
3. In a large skillet, Med. Heat, cook and stir the sausage, onion, and jalapeno until the sausage is well browned, about 10 minutes
4. Drain; set aside to cool slightly.
5. Stir together Swiss cheese, Parmesan cheese, egg, hot sauce, and milk in a large bowl.
6. Stir in the biscuit mix, margarine, salt, and parsley. Add the sausage mixture; stir until well combined.
7. Pour the mixture into the prepared pan.
8. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35 minutes.
9. Serve warm or cold.



Fun Family Events DECEMBER



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

- 1.** Cyber Monday, Day With(out) Art Day
Johnson City Princeton Arts Center, the artwork of Gary Lloyd and Messina Lyle through the month of December.
- 2.** Rockerfeller Center Xmas Tree Lighting, Special Education Day
- 3.** Special Kids Day, International Day of Disabled Persons
- 4.** Chase's Calendar of Events Birthday, Extraordinary Work Team Recognition Day, National Dice Day
JCPL K-1 Story Stretchers* (K-1st) 4 pm
- 5.** AFL-CIO Day, Bathtub Party Day, International Volunteer Day for Economic & Social Development
Sycamore Shoals Christmas at the Carter Mansion 6 - 9 pm
HANDS ON Movie Kit Kittredge - An American Girl 6:00 pm, Painter's Palette* Learn how to paint a masterpiece 5-6, Ages 8+, \$15 per person
- 6.** Coats & Toys for Kids Day, Miners' Day, National Pawnbrokers Day
Jonesborough Jingle Bell Road Race Crazy Race 8:30 am regular race 9 am
Kingsport Christmas in Downtown
Sycamore Shoals Christmas at the Carter Mansion 6 - 9 pm
JCPL Saturday Stories 2 pm
HANDS ON Art Studio Learn about typography, All About Coal
- 7.** National Pearl Harbor Remembrance Day, International Civil Aviation Day, National Cotton Candy Day
HANDS ON 1:00-4:00 - FREE DAY, Art Studio Learn about typography
- 8.** **JCPL** Sweet Adelines 6:30 pm, Family Storytimes 6:30 pm
- 9.** Weary Willie Day
JCPL Two's Time* (age 2)10 am
Pre-registration required
- 10.** Human Rights Day
JCPL Two's Company (age 2) 10:00 am, Preschool Storytimes (age 3-5) 11 am
HANDS ON Try out some fun activities including a chance to earn and spend your own "Hands On!" money/* 3-5 pm
- 11.** International Mountain Day, UNICEF Birthday
JCPL Two's Company (age 2) 10:00 am, Preschool

- Storytimes (age 3-5) 11 am, **JCPL** Crafts Workshop* - All Ages Make your own "Green" Ornament 4 pm
- 12.** Poinsettia Day
- 13.** International Shareware Day, Day Of The Horse
Jonesborough Come nighttime lighted Christmas Parade 6 pm
JCPL Chess with Ralph Roller (K-5) 10-12 NOON, Bilingual Storytime
Span/Eng 2 pm
HANDS ON Santa will be at the museum from 12-3 pm to listen to your Christmas wishes. Photos are available for just \$4, Art Studio Learn more about stamps and stencils
- 14.** National Children's Memorial Day
Bristol Virginia - The **Bristol** Historical Association's annual Christmas luncheon and program at the newly renovated **Bristol** Train station 12:30 pm.
HANDS ON Art Studio Learn more about stamps and stencils
- 15.** Bill of Rights Day, Cat Herders Day
JCPL Central Baptist Bell Choirs 6:30 pm, Family Storytimes 6:30 pm
- 16.** Barbie and Barney Backlash Day, National Chocolate-covered Anything Day
JCPL Two's Time* (age 2)10 am, **JCPL** Gingerbread Houses 6:30 pm
- 17.** Clean Air Day, Wright Brothers Day
JCPL Towne Acres Choir 10:30 am, **JCPL** Two's Company (age 2) 10:00 am, Preschool Storytimes (age 3-5) 11 am
- 18.** International Migrants Day
JCPL Two's Company (age 2) 10:00 am, Preschool Storytimes (age 3-5) 11 am, **JCPL** K-1 Story Stretchers* (K-1st) 4 pm
Hands On! Lemonade Stand* Play games and solve puzzles. Ages 6-9, 3:30-4:45
- 19.** Underdog Day
- 20.** International Human Solidarity Day, Sacagawea Day, Mudd Day
Jonesborough Free Storytelling and local music - International Storytelling Center 5:30 - 6
JCPL Saturday Stories 2 pm
HANDS ON Art Studio make a great smelling cinnamon ornament

- 21.** Forefathers Day, Hanukkah, Humbug Day, National Haiku Poetry Day, World Peace Day/Winter Solstice
Jonesborough Night in Bethlehem - Come walk the streets
HANDS ON Art Studio make a great smelling cinnamon ornament
- 22.** **JCPL** Family Storytimes 6:30 pm
- 23.** Festivus
JCPL Two's Time* (age 2)10 am
- 24.** **CHRISTMAS EVE**
- 25.** **CHRISTMAS**, A'Phabet Day or No "L" Day
- 26.** Boxing Day, National Candy Cane Day, National Whiner's Day
- 27.** **HANDS ON** Art Studio draw pictures of simple shapes, lines, and colors
- 28.** National Chocolate Day
HANDS ON Art Studio draw pictures of simple shapes, lines, and colors
- 29.** Tick Tock Day
JCPL Family Storytimes 6:30 pm
- 30.** Falling Needles Family Fest Day
JCPL Two's Time* (age 2)10 am
- 31.** New Years Eve, Leap Second Time Adjustment Day, Make Up Your Mind Day, No Interruptions Day



Family Crypto-Time Last month's answer

You know that just before that first Thanksgiving dinner there was one wise, old Native American woman saying, "Don't feed them. If you feed them, they'll never leave!"

~Dylan Brody

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: KNZXMQVJWDWIARPFBELTCGUSHY

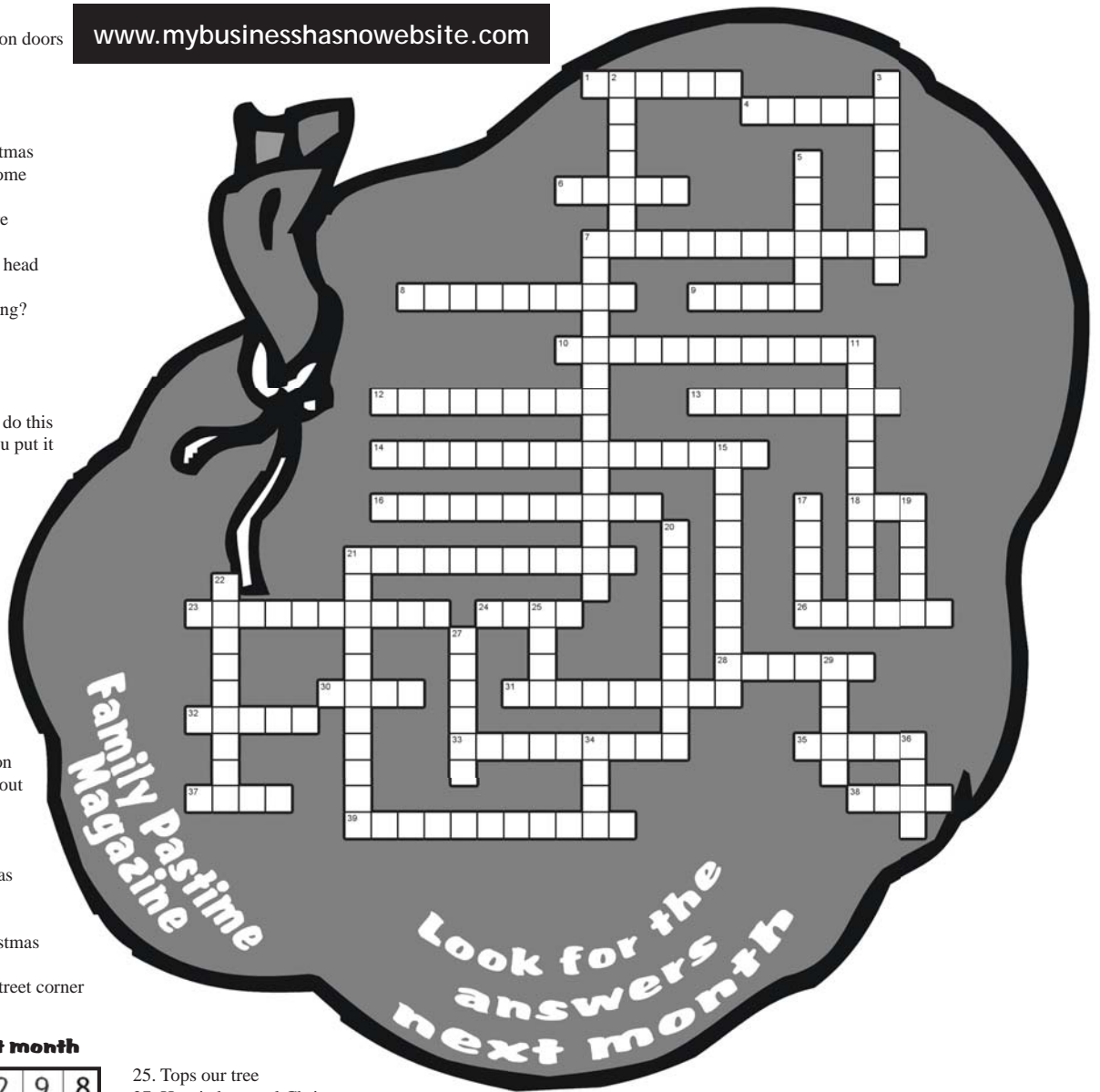
What is the best Christmas present in the world?
A broken drum - you can't beat it!

*Please Register **JCPL**: 434-4458 **Hands On**: 434-HAND
Crypto clue: j=m

Across

1. Circular decoration often hung on doors
 4. Macy's is famous for this
 6. 'Tis the season to be
 7. Has lovely branches
 8. A kissing plant
 9. We wish you a _____ Christmas
 10. We won't leave until we get some
 12. Roast them on an open fire
 13. Hung by the chimney with care
 14. All I want for Christmas
 16. Visions of these danced in our head
 18. Sits on a gift
 21. When they ring are you listening?
 23. He is coming to town
 24. He checks this twice
 26. They are dancing
 28. Santa's favorite phrase
 30. Listen here; this advice is free do this to your present before you put it under the tree.
 31. What you better not do
 32. Five golden _____
 33. A minty Christmas treat
 35. Santa's little helpers
 37. 3 French _____
 38. Santa knows if you have been bad or _____
 39. It shakes like a bowl full of jelly
- Down**
2. The red nosed reindeer
 3. Santa has twelve of these
 5. With a corncob pipe and a button nose and two eyes made out of coal.
 7. A treat for Santa
 11. We make and decorate this kind of house at Christmas
 15. It's what counts
 17. Some top their tree with this
 19. We dream of this kind of Christmas
 20. Where Santa lives
 21. What you will hear on every street corner
 22. Sits in a pear tree

www.mybusinesshasnowebsite.com



Easy Answer From last month

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

25. Tops our tree
27. He tried to steal Christmas
29. Deck the halls with boughs of this stuff
34. If you are bad you get this
36. We dash through this in a one horse open sleigh

Please Support Family Pastime Advertisers!

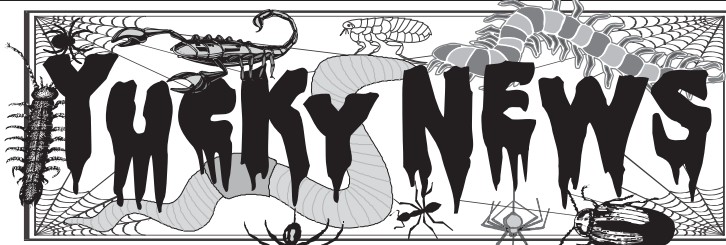
SUDO-KID-U 1

Instructions: On page 3

SUDO-KID-U 2

			1
1		2	
2	4		

		3	1
	3		4
	4	1	



YUCKY NEWS

B.O.

By: I.M. Yuckee

Body odor (B.O.) is the unpleasant smell caused by the mixing of perspiration (sweat) and bacteria on the skin. Sweat is usually odorless however, when bacteria multiply on the skin and break down the sweat, the resulting by-products can stink up the room. This B.O. is often due to poor personal hygiene, but excessive perspiration or some other underlying disease are sometimes involved.



The human body possesses three major types of skin glands--sebaceous glands (most commonly around the face and forehead), eccrine (or sweat) glands, and apocrine glands. While more than two million eccrine glands over most of the body release an odorless sweat that consist of 99 percent pure water along with traces of salt and potassium, a limited amount of apocrine glands located in the armpits, and anywhere there is hair and also on hands, cheeks, feet and scalps, produce a thick sticky substance. Sweat from the eccrine glands create a moist environment in which some of the bacteria that naturally occur on human skin can multiply. These bacteria are attracted to the sweat produced by the apocrine glands. When these two get together the growth of certain bacteria and fungi occurs. These microorganisms digest components of sweat and release volatile chemicals that are responsible for the stinky odor associated with sweat

We sweat to help keep us cool. As sweat dries, the surrounding air cools the skin.

People who have a condition known as hyperhidrosis tend to sweat excessively, and therefore, they are more likely to develop a strong body odor. Bromhidrosis is the name for a

medical condition in which an individual's sweat always stinks.

Poor hygiene and inadequate bathing will add to B.O. Good hygiene practices such as regular

baths or showers, are important in preventing body odor. Also, wearing cotton socks and non-synthetic shoes that can breathe and keeping your feet dry and bare as much as possible help to reduce B.O.

Body odor can smell pleasant and specific to the individual, and can be used to identify people, though this is more often done by dogs and other animals, than by humans. An individual's body odor is also influenced by diet (Some foods and spices can intensify body odor. Onions, garlic, and cumin contain oils that may cause odor as they are excreted through the skin), gender, genetics, health and medication.

A recent study suggests that body odor is genetically determined by a gene that also codes the type of earwax one has.

Body odor perceived as offensive may be reduced or prevented by using suitable deodorants and although body odor is commonly associated with hygiene, its presentation can be affected by changes in diet.

In the early 1900s, advertising agents focused their attention on identifying—and often

inventing—personal anxieties that could be resolved by the purchase of specific products. "Advertising," wrote one commentator in a trade publication, "helps to keep the masses dissatisfied with their mode of life, discontented with ugly things around them. Satisfied customers are not as profitable as discontented ones." Advertisers, as historian Stuart Ewen notes, tried to endow people with a "critical self-consciousness" directed especially at their personal appearances.

That was the strategy followed, for example, by Odo-Ro-No, a deodorant for women, which in 1919 became the first company to use the term "B.O." in an advertisement. Previously, deodorant ads had confined their pitch to suggestions about how they would foster daintiness and sweetness. But Odo-Ro-No took a much more direct approach, telling potential customers to take the "Armhole Odor Test" and warning them that social success hinged on eliminating B.O.

Individual reaction to the perception of odors is highly variable, and appears to be determined at least somewhat by culture and learning. In previous centuries, when current sanitation and personal hygiene practices differed, humans were presumably more tolerant of bodily odors.

FPT

SUDO-KID-U

02

answers from last month

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

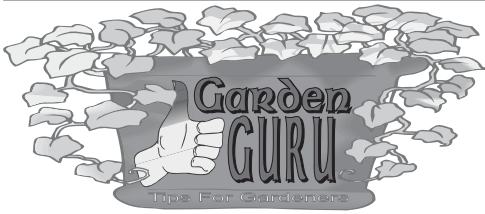
SUDOKU Medium

Instructions on page 3

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

SUPER SUDOKU Answer from last month

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



Grow a Parsley Present!

By: Hilary A. Rinaldi

Make a beautiful and fun gift for someone special!

Parsley is a particularly beautiful herb plant. Perhaps you have seen curly green parsley on your plate in a restaurant? Do you know why it's there? It's not just for decoration. Chewing on parsley actually aids in digestion, and freshens your breath.

Besides being decorative, parsley also has all kinds of uses in the kitchen. It is particularly tasty when chopped up and sprinkled on fish, chicken soup, scrambled eggs, omelets, potatoes, or homemade stuffing. Put it in cream cheese for a spread on crackers. Parsley also adds loads of flavor to pasta. In fact, try it on spaghetti by adding it to spaghetti sauce.

So such a pretty plant that has so many uses, parsley grown in a pot, makes a terrific present, especially for

someone who likes to cook. You can make, and grow, a parsley present for a great Mother's Day present, Easter, Passover, or even a "there's no reason except I like you" present, like what you might give your grandparents, or a close friend.

Not only does a parsley pot make a good gift, it is easy and quite inexpensive to do, and shows you care! Follow the directions below to sow and grow a parsley present. For a nice finishing touch, you can make a card that lists some uses for parsley in the kitchen. Your parsley present will be so appreciated!

Get a packet of parsley seeds from a store or seed catalog. Look for parsley with pretty leaves, such as Extra Curly parsley.

Save some large margarine or butter tubs and lids at home to use for parsley pots. Wash the tubs. You may want to decorate the pots with markers or stickers.

Have an adult poke a few drainage holes in the bottom of each pot.

Fill the pot with soil. Gently sprinkle water on the soil, and stir it around to moisten.

Sprinkle the parsley seeds on the soil. Gently add water over the entire surface until water trickles out the bottom of the pot.

Place each pot on a margarine lid for drainage. Put the pots on a sunny windowsill. Add more water when the soil mix starts to feel dry.

Be patient. It may take a few weeks for seeds to grow into little plants that poke up through the mix. Watch as the shoots grow into parsley with the pretty curly leaves.

Give the parsley present when the leaves are getting full and curly. Harvest the parsley by cutting off the tips with scissors when the plants are 4 to 5 inches tall.

Watch how pleased the person you give this present to will be! Homemade gifts are always the best, because they show thought and planning, and that really shows you appreciate that person very much. Good job! **FPT**

Courtesy of: www.weekendgardener.net

SUPER SUDOKU Instructions: On page 3

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

Local E.M.S. Offers Free Medical Info Packets

By: Doc Jones

Very often, paramedics enter a home on an emergency and can't get needed information about the patient. This information is vital to start treatment. Sometimes the patient is unconscious or just so scared they can't remember all their medicines, allergies or even all their medical history. Paramedics must have this information to provide appropriate care.

In an effort to help Washington County and Johnson City residents receive the best possible care members of Washington County/Johnson City Emergency Medical Services have come up with a plan.

The EMS (Emergency Medical Services) is supplying emergency medical information sheets FREE to anyone who wants them. The sheets come in a bright red plastic zipper bag, which also has a magnet inside. The magnet is so the bag can be conveniently attached to your refrigerator and easily found by emergency medical professionals.

Simply fill out the sheet of paper, replace it in the bag and stick it on the front of your refrigerator. The placement of this vital information is important for two reasons.

1. On the front of the refrigerator, you will see it everyday, so when your medical condition or medicines change, it will remind you to slip that paper out and update it.
2. Even if you are unconscious, the bright red plastic bag will be easily seen. Once EMTs have that sheet, they will know your medical history, medicines, etc. so they can begin treating you immediately.

Hundreds of these packets have been given out all over Johnson City & Washington County. Paramedics say they have already had cases where this info sheet has been of great help.

To receive an EMS Special Friends Packet FREE, simply go to the EMS Headquarters at 296 Wesley Street or call 975-5514 and one will be sent to you, completely FREE. **FPT**



The Money Game

handle on your cash flow, check out the following websites. At www.mvelopes.com you can investigate Mvelopes Personal. For a monthly fee, this budgeting software system will utilize an automatic retrieval of all your financial spending. You then drag and drop those transactions into online spending categories and maintain your budget as it happens. At www.daveramsay.com, you can learn how to pay down debt with the "snowball" method and budget with an envelope system of cash management. One of our advertisers, Misty Hinkle can set you up with Money Merge Account software to manage what bills to pay when to pay down all your debts faster. Check it out at www.mmaservice.com. At www.budgetmap.com, find an even lower tech way to corral your spending by tracking it with The Budget Map, a different kind of check register that charts what you spend and where you spend it.

If you would rather divide and conquer the money maze with more confidence, Liz Pulliam Weston, MSN money columnist has three excellent books: Easy Money, Your Credit Score and Deal with Your Debt. She is easy to read and simplifies financial jargon into understandable text.

Finally, if job security is a worry or you are a

comeback mom reentering the work force check out Nancy Collamer's sites, www.layoffsurvivalguide.com and www.jobsandmoms.com.

Ignorance is no excuse for poor money management, and your kids might not be as savvy as you think. My seventeen year old recently overdrew her debit account while purchasing on Ebay because she was confused and thought the card would prevent her from overspending if it had a zero balance. Since her account is also in my name, and I check my bank accounts daily online I was able to pick up the pending overdraft and transfer money before charges were applied. I never realized that we had not explained to her the way a debit card actually works.

With money tight, and more families watching every penny, kids are going to notice the change in spending and complain. Involve them by educating them. Spend time together brainstorming how your family can save and where you can cut back. Empower your kids now with the knowledge of how to handle money, credit and debt and that knowledge will continue to deliver dividends for the rest of their lives. **FPT**

Q: What is a cow's favorite day?
 A: Moo-years Day!
 Q: What do you get a man who had everything?
 A: burglar alarm!

Is the roll and pitch of the stock market and the doom and gloom of the evening news finally trickling down to your home life? Gas prices are down but grocery prices have not dropped. Are you worried and wondering just how secure your family financial picture is? Are the words budget, credit and debt management replacing the words spend, spend, spend?

Just typing the words "family budget stretchers" into your web browser will give you hours of helpful information. The dollarstretcher.com site has an index of articles to help stretch your budget. Need advice on how to manage or eliminate your debt, buy insurance, avoid foreclosure or know what to save and what to toss for tax purposes? The Suze library at www.suzeorman.com is your oracle.

If your 2009 resolutions include getting a total

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:

- 50 trailers, cabins, shacks, and big 'ol mansions
- Over 30 Trucks, cars, tractors and other vehicles to put in yer yard
- 2 Couches fer yer lawn or porch
- 17 different stains to put on 'em (such as: beer, cheese whiz, Grandpa, and leaky puppy)
- A whole dang passel of critters (such as: dawgs, cows, goats, chickens and stuff ya'll can shoot)
- 10 Privys in a variety of colors, sizes 'n configurations.
- Nigh on 50 lawn ornaments (silhouette people, wooden pig planters, little boy peeing and the ever popular woman showing bloomers)

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The Dream. Now a Reality. Opening 2009.



The Children's Hospital at Johnson City Medical Center is moving into its new home, Niswonger Children's Hospital, which will be located in front of The Center for Women's Health at JCMC.



Niswonger Children's Hospital will serve a population of 200,000 children from Tennessee, Virginia, North Carolina and Kentucky.

Mountain States Health Alliance and The Mountain States Foundation would like to say "Thank You" to the region for your generous support of this new facility.

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