

DECEMBER 2009

FREE



THE magazine for the WHOLE family Volume 5 Issue 5

MERRY CHRISTMAS

Look for
this picture
for gift
giving

Great Gift Idea
Make this for someone
on your list!



Re-Gifting
story Contest
Win a Share of
\$1,100 in
Gift Certificates

See Page 8

Take TWO
and give
one to
a friend

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THE magazine for the WHOLE family

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DECEMBER WEEKLY OBSERVANCES

- Cookie Cutter Week: 1-7
Tolerance Week: 1-7
Recipe Greetings For The Holidays Week: 1-8
Operation Santa Paws Week: 1-19
Handwashing Awareness Week: 6-12
Clerc-Gallaudet Week: 6-12
Human Rights Week: 10-17

- Chanukah (Hanukkah): 12-19
Gluten-free Baking Week: 14-20
Halcyon Days: 14-28
Posadas: 16-24
Saturnalia: 17-23
It's About Time Week: 25-31
Kwanzaa: 26-1/1

DECEMBER MONTHLY OBSERVANCES

- Bingo's Birthday Month
National Write A Business Plan Month
National Tie Month
Rising Star Month
Safe Toys and Gifts Month

- Spiritual Literacy Month
Take a New Year's Resolution to Stop Smoking (TANYRSS) (12/8 - 2/10)
Universal Human Rights Month

Board Games Are The Answer For The Holidays

How will my Uncle Harry and Grandma Betty get along? What should we do with all the kids? What presents should I get? How much should I spend? Every host over the holidays has a host of questions, but thanks to traditional board games, there is a one-stop solution consumers can count on to suit both their holiday gifting and gathering needs.

Game nights have also become a growing trend among friends, couples and even singles looking for ways to socialize and maximize their entertainment dollars.

According to a recent survey conducted by GfK Roper, 53 percent of Americans say that socializing with other players is the most enjoyable part of playing a board game. Winning may not be everything, but bringing the whole family together for under \$25 is a victory that everyone can enjoy.

Recent figures released by NPD group corroborate this trend, as board game sales are up 10 percent in the face of high-tech video games and the toy industry's overall decline during the first six months of '09. Games like Loaded Questions, with an entrepreneur at the helm, are paving the way for small manufacturers to join the Goliaths of the industry in this trend of inexpensive, social entertainment.

And it's not just families playing board games.

This holiday season, Poses is opening up his game for fans to come up with their own "loaded questions" and offering \$25,000 in cash prizes for the five winning suggestions. To enter the contest, people can visit www.loadedquestions.com to submit up to five original questions for consideration. The new edition of Loaded Questions is now available at Target, Barnes & Noble, Toys "R" Us, Borders and hundreds of specialty retailers nationwide. FPT

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.

Last Month's Medium answer SUDO-KID-U 1

Grid for SUDO-KID-U 1 with numbers 1-4 and some empty cells.

SUDO-KID-U 01

Grid for SUDO-KID-U 01 with numbers 1-4 and some empty cells.

Last month's Answers SUDO-KID-U 02

Grid for SUDO-KID-U 01 with numbers 1-4 and some empty cells.

Grid for SUDO-KID-U 02 with numbers 1-4 and some empty cells.



Home Home Cure Fatigue



Fatigue is a general feeling of extreme tiredness

or weakness that will prevent you from performing ordinary tasks. Fatigue affects everyone differently. It makes you feel very tired and compels you to sleep. It may also accompany pain and sometimes can make you feel that you have little control over your life.

- Fruit juices are fairly helpful in this condition. Grape juice is especially useful.
- Dates (the fruit) are great sources of instant energy. Eat them regularly with a glass of milk.
- Soak 5-6 almond kernels in water overnight. Next morning, drain water and collect the kernels. Remove the husk by rubbing. Grind all the kernels into a fine paste. Mix it with equal quantities of powdered sugar and fresh butter. Take this early in the morning along with a cup of milk.

- Improvement of blood circulation is necessary to combat fatigue. This can be achieved by daily exercise like brisk walks, jogging or swimming.
- Never let a day go by that you do not enjoy life. Put a little bit of vacation in every day.
- Put a slice of cucumber on each closed eyelid. lie down and rest for 10 minutes. Remove the cucumbers and for the next 5 minutes hang your head off the side of the bed allowing the blood to circulate. After you remove the mask hydrate with your favorite moisturizer.
- Drink plenty of water, not tea or diet drinks.
- Drink tea boiled with 1/4 teaspoon powdered cardamom.
- Have the most spiciest of things ..and soon you will be jumping around.
- Drink a glass of grapefruit and lemon juice in equal parts.
- Eat nutritious foods which supply

energy to the body.

- Freshly milled. In uncooked cereal seeds in their natural state such as corn seeds, wheat seeds, rye seeds, maize seeds, barley seeds, and oat seeds relieve fatigue and provide energy.
- Ginseng is said to replace lost chi, or life energy.
- Potassium is essential for protection against fatigue. Green leafy vegetables, oranges, potatoes and lentils are rich in this mineral.
- Calcium is essential for relaxation and is beneficial in cases of insomnia and tension.
- At breakfast sprinkle fresh ground cinnamon on your cereal, toast or whatever you have for breakfast.
- Mint tea is a great pick-me-up. The peppermint oil boosts beta wave activity in the frontal lobe of the brain, increasing alertness and the ability to focus.
- Don't go to bed with a full stomach. Eat at least in 1 hour before sleeping.

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



Smart Financial Moves Can Help Brighten Holiday Season

If you're like many people, you're watching

your dollars extra carefully this year as you do your holiday shopping. And that's a good thing, because even in the best of times, it's never wise to go overboard on gifts. But by making the right moves during this holiday season, you can also help ensure that you stay on track toward your long-term financial goals.

Specifically, what steps should you be taking during these weeks? Here are a few suggestions:

- Avoid racking up big debts. In a time of economic uncertainty, the last thing you want is to take on a new debt load. Everyone in your life who is important enough to receive a gift from you will understand if you don't splurge on presents you can't afford. And winter can be pretty gloomy when you're trying to pay off big credit card bills from the past holiday season.
- Establish a gift fund. For next year's gift-giving season, you may want to open a special "gift fund." Of course, it's not easy for any of us to find "extra"

money after we're done paying our bills, so the best way to set up your gift fund may be to have the money moved automatically each month from your checking or savings account to another liquid account — one that you wouldn't normally touch for your day-to-day expenses. Even if you can only afford to put in a small amount each month, you might be surprised at how much you'll accumulate in a year.

- Don't touch long-term investments to pay for gifts. Some people tap into their long-term investments to pay for holiday gifts, telling themselves they'll re-fund the investment when they "get caught up" — but that rarely happens. In fact, once you cash out part of an investment to pay for a gift or an everyday expense, you'll set yourself back in your pursuit of your financial objectives — so do whatever you can to help preserve those investments. Apart from setting up a gift fund, you'll also want to make sure you have a reasonable amount of "cash" and cash equivalents in your investment portfolio.
- Protect yourself from identity theft. Victims of identity theft can testify that it's an enormous —

and possibly expensive — hassle. Unfortunately, identity theft seems to go up during the holiday season, so take steps to protect yourself. When you go out shopping, just take one debit or credit card with you — and look around whenever you use it. Identity thieves have been known to copy down credit card numbers and even photograph credit cards with cell phones. Also, if you're shopping online, make sure you're on a secure web site. One way to check for a secure site is to look for "https" in the Web address, along with the icon of the locked padlock on your browser's status bar.

- Shop early for bargains. As you probably know, some of the best bargains come during stores' "after-holiday" sales. By taking advantage of these sales, you can stock up on gifts for the next holiday season.

By following these suggestions, you may be able to remove a lot of the financial stress that often accompanies the holidays — and that, by itself, can help you enjoy the season even more. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

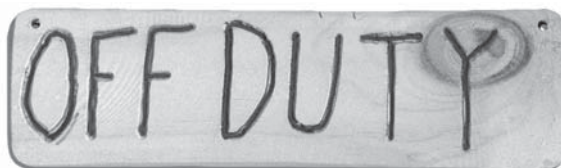
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By Chris Joker

Recently I was asked by the 5th grade teachers at Cherokee Elementary School to accompany them and the entire 5th grade class as a chaperone on a three day field trip to Camp Explore, a 4-H camp in **Greeneville**. I, of course, accepted immediately. I felt an extreme sense of pride that they would ask ME. I mean what an honor to be thought worthy of chaperoning on a trip with such precious cargo as people's children. I later began to suspect that they only asked me because I had a van so I could transport less precious cargo, a bunch of luggage. I also apparently was asked in an attempt to "Cull the herd", if you will. This culling of the herd, kind of crystallized when I noticed the permission slip contained a line which read "I understand Milo's Dad will be chaperoning and I absolve the school, school employees and their families, the camp, camp employees and their families in perpetuity from any responsibility of anything arising from our choice of chaperones". At first I thought about not signing then I realized if I didn't sign, my son, Milo, would not be able to go and since going WITH Milo was really the reason for going I signed. However, I think there is a loophole so, if need be, I can still sue myself. While packing for the trip Milo says to me, he says, "Dad, please don't embarrass me by wearing your ducky pajamas.".... "What?" I thought. I was incensed! I looked him right in the eye and said, "Milo, do you REALLY think I would embarrass you by wearing my ducky pajamas?" The poor guy realized he had made a mistake. He looked up at me with big sad doe eyes, his lip quavering just a little and he said, "I'm sorry, Dad. I know you wouldn't do that." To which I replied, "Darn right, I'm wearing my bunny pajamas!" Milo tried to erase my signature from the permission slip.

Because I had a meeting the morning we left I did not arrive until several hours after the kids did. Milo and my group (the snakes) were in the fossil class. I entered the classroom and quietly sat in a chair against the wall, behind Milo. As the instructor spoke he passed around different fossils for the children to look at and touch. Fossil after fossil went by without me being included in the looking and touching. Until we got to the coprolite. The coprolite Milo



gladly hand to me for inspection. For those of you who don't know, coprolite is fossilized poop. After the fossil class we moved on to woodworking where each child was given a 4" by 10" board and allowed to make a sign using a router and sander. I was offered a board as well so I immediately made an "Off Duty" sign which I figured I could use over the next few days. Although I still think it was a brilliant idea, no one seemed to pay any attention to it. That evening was mostly uneventful. We got the children in bed around 10 and then after various pillow fights and "coyote" sightings they FINALLY went to sleep around midnight. I set the alarm on my phone to wake me up at 6:30 the next morning so I could get a shower before the ruckus began. Somehow I woke before the alarm went off and since there was no coffee available I made my way into the showers. Our dorm had three shower stalls two regular and one handicapped. The stalls had an outer "dressing area" and then an inner shower stall with a curtain. Since it was the biggest and I was the only one there, I went to the handicapped stall. So I wouldn't disturb anyone rummaging through my luggage I brought my entire duffle bag into the stall and sat it on a chair in the "dressing area" just outside the shower. This shower had two heads. One mounted on the wall and the other hand held. I'm really not a hand-held showerer kinda guy so I propped the hand-held showerhead on the railing along the wall to get it out of my way. This shower has two knobs. In my groggy-lack-of-coffee state of mind I assumed one was to turn the shower on and the other was to control the temperature of the water. I turned them both. I quickly discovered my groggy assumption was incorrect. Arctic water came shooting out of both shower heads, the overhead one and the one I had so meticulously propped up on the railing... facing straight at me and at the duffle bag directly behind me which contained all of my clean, formerly DRY clothes. Fortunately (I guess) my body absorbed most of the impact of the glacial water which accomplished two desired objectives: 1) It blocked just enough water to leave me with sufficient dry clothing to get me through the day and 2) Lack of coffee was not really an

issue anymore. I turned off both shower heads and moved to a different stall. Just about the time I got my hair lathered up, I heard quite the commotion coming from the dorm area. Seeing as how I was one of the adults (chronologically anyway) on this trip, I wrapped a towel around myself and went out (sudsy hair and all) to see what the commotion was. Remember how I had woken up before my alarm went off. I really should have remembered to turn it off BEFORE I got into the shower.

After breakfast it was off to activities, GPS, Solar System, Nature Hike, Shooting, Ropes Course and Canoeing which, by the way, managed to undo all the good my body did that morning blocking the water from my clothes.

That night I was on shower duty which basically meant it was my job to round up the boys, 3 at a time and make sure they bathed. It went something like this; I would send three into the showers and then line three up outside the showers to wait their turn. Then I would periodically shout to the boys in the shower that they had to hurry up. While we were waiting I would make sure the boys waiting in line had everything they needed I would say things like "Do you have everything you

Please see FKJ on page 7

Q: What do elves learn in school?
 A: The elf-abet
 Q: What is the difference between the Christmas alphabet and the ordinary alphabet?
 A: The Christmas alphabet has No L (Noel)
 Q: What Christmas Carol is a favorite of parents?
 A: Silent Night

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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

Christmas Parades

- Bristol:** December 3, 7:00 pm
- Johnson City:** December 4, 6:00 pm
- Abingdon:** December 5, 11:00 am
- Gate City:** December 5, 7:00 pm
- Elizabethton:** December 5, 6:00 pm
- Greeneville:** December 6, 2:00 pm
- Blountville:** December 12, 2:00 pm

- 1.** Day With(out) Art Day
JCPL TEENS - Christmas Card Workshop* 6 pm
- 2.** Special Education Day
JCPL Two's Company 10am (age 2), Preschool Storytimes 11 am (age 3-5)
- 3.** International Day of Disabled Persons
JCPL Two's Company 10am (age 2), Preschool Storytimes 11 am (age 3-5), Children's Christmas Crafts* 4 pm (K-5)
Bristol Christmas Parade: 7:00 pm
- 4.** National Dice Day
Johnson City Christmas Parade 6:30 pm
Rocky Mount Candlelight Christmas celebrate an 18th century Christmas with the Cobb family. Rockymountmuseum.com
- Sycamore Shoals** Christmas at Carter Mansion 6pm
- 5.** Bathtub Party Day, AFL-CIO Day, International Ninja Day, Skywarn Recognition Day, **JCPL** Origami Ornaments Workshop* for all ages 10am
Abingdon Christmas Parade: 11:00 am
Gate City Christmas Parade: 7:00 pm
Elizabethton Christmas Parade: 6:00 pm
Kingsport "Historic Strand Theatre" Movie "Miracle on 34th Street" 3pm Free
"Christmas Spectacular Variety Show" 8pm (after the Christmas Tree Lighting)
Rocky Mount Candlelight Christmas celebrate an 18th century Christmas with the Cobb family. Rockymountmuseum.com
Tipton Haynes Visions of Christmas 1859 www.tipton-haynes.org
- Johnson City** The Central church of Christ, Saturday of Service or S.O.S. Community members will be able to come to the building and receive clothing, food, cleaning supplies and personal hygiene items free of charge. Distribution hours will be 10 am- 1pm.
- Hands On!** Celebrate Coal Miners Day! all about how coal is formed.
- 6.** St. Nicholas Day, Miners' Day, Coats & Toys for Kids Day, National Pawnbrokers Day

- Greeneville** Christmas Parade: 2:00 pm
- Sycamore Shoals** ~ Christmas at the Carter Mansion 6- 9pm
- Hands On!** Celebrate Coal Miners Day! all about how coal is formed.
- 7.** Pearl Harbor Day, Cotton Candy Day
JCPL University High Singers Sing around the Christmas Tree 6:30 pm
- 8.** **JCPL Two's Time** (age 2)* 10am, Preschool Pals (age 3-5)* 11 am, K-2 Story Stretchers* 4 pm, VolunTEEN Orientation* 6:30 pm
JCPL Adults Family Research/Genealogy Help by Watauga Association of Genealogists 6:30
- 9.** Weary Willie Day
JCPL Two's Company 10am (age 2), Preschool Storytimes 11 am (age 3-5)
- 10.** Nobel Prize Day, Human Rights Day
Two's Company 10am (age 2), Preschool Storytimes 11 am (age 3-5), Towne Acres Choir Sing around the Christmas Tree 10:30 am
- Blountville** Christmas Tree Lighting & Christmas Celebration 6:30 p.m.
- Kingsport Theatre Guild** "A Christmas Story" 10am www.kingporttheatre.org
- Kingsport** "Christmas Spectacular Show" 7pm \$3.00 Adults Children under 12 free with Adult
- 11.** UNICEF Birthday, Mountain Day
Kingsport Blue Grass Christmas 7pm \$5.00
- Rocky Mount** Candlelight Christmas celebrate an 18th century Christmas with the Cobb family. Rockymountmuseum.com
- 12.** Poinsettia Day, Shareware Day
JCPL Bilingual Storytime (Spn/Eng) 2 pm, VolunTEEN Orientation* 11 am
- Blountville** Christmas Parade: 2:00 pm
- Rocky Mount** Candlelight Christmas celebrate an 18th century Christmas with the Cobb family. Rockymountmuseum.com
Jonesborough "Twelve Days of Christmas" Christmas Parade 6 pm www.jonesboroughtn.org
- Davy Crockett Birthplace** - Crockett Christmas 2:00-9:00 pm
- Hands On!** Super Santa Saturday Santa will be at the museum for the day to listen to all of your Christmas wishes. Photos are available for just \$4. 11am-12:30 pm & 1:30 pm-3 pm
- Kingsport Theatre Guild** "A Christmas Story"

- 7 pm www.kingporttheatre.org
- 13.** **Kingsport Theatre Guild** "A Christmas Story" 3 pm www.kingporttheatre.org
- 14.**
- 15.** Bill of Rights Day, Cat Herders Day
JCPL Two's Time (age 2)* 10am, Preschool Pals* (age 3-5) 11 am, TEEN EVENT - Gingerbread House Decorating* 6 pm
- 16.** Chocolate-covered Anything Day, Barbie and Barney Backlash Day
JCPL Two's Company 10am (age 2), Preschool Storytimes 11 am (age 3-5)
- 17.** National Re-gifting Day, Wright Brothers Day
JCPL Two's Company 10am (age 2), Preschool Storytimes 11 am (age 3-5), Sit! Stay! READ!* 6:30 - 7:30 pm (grade 1-5) Read to a Certified Therapy Dog
Kingsport "Christmas Spectacular Show" 7pm \$3.00 Adults Children under 12 free with Adult
- 18.** Underdog Day, Migrants Day
Hands On! Super Sculptor ArtShop* 2:30-4:30 pm Cost \$10 ages 7-12
Kingsport Theatre Guild "A Christmas Story" 7 pm www.kingporttheatre.org
- 19.** Day for South-South Cooperation
JCPL Chess with Ralph Roller 10AM-NOON (K-5), Sit! Stay! READ!* 11 - 12:00 NOON
Grade 1-5) Read to a Certified Therapy Dog for 15 minutes
- Kingsport Theatre Guild** "A Christmas Story" 3 pm www.kingporttheatre.org
- 20.** Human Solidarity Day, Mudd Day
Kingsport Theatre Guild "A Christmas Story" 3 pm www.kingporttheatre.org
- 21.** Yule, Humbug Day, Forefathers Day, Phileas Fogg Win A Wager Day, Haiku Poetry Day
- 22.**
- 23.** Festivus
- 24.** Christmas Eve
- 25. CHRISTMAS**
- 26.** Thank-you Note Day, Candy Cane Day, Whiner's Day, Boxing Day
- 27.**
- 28.** Chocolate Day
- 29.** Tick Tock Day
- 30.** Falling Needles Family Fest Day
- 31.** New Year's Eve, No Interruptions Day, Make Up Your Mind Day

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



Cherokee Elementary Pulls Together To Help Families At The Holidays

By: Chris Joker



For the second year in a row the Cherokee Elementary School PTA

Grade - stuffing, and 5th Grade- instant mashed potatoes. In addition to the food donated by the students, the PTA purchased 42 turkeys from Food City, also Wal-Mart donated boxes of tea bags and Yvonne Holifield, the physical education teacher, and her husband's church, Philppi Missionary Baptist donated 40+ bags of baking potatoes. Central Supply in the Johnson City Medical Center donated boxes for the cause. The food was divided depending on the size of the family in need into the boxes

spearheaded a campaign to provide a complete Thanksgiving dinner for needy families of students at Cherokee Elementary. This year 42 complete Thanksgiving meals were distributed, almost double the 22 from last year.

PTA President, Cheryl Hoye, working with the PTA board, guidance counselor Penny Miller, Principal Mary Nell McIntyre and the teachers set up a program so that families in need would be given the opportunity to receive the meals. Instead of cooking a meal and having families come to it, these were meals families could take home and cook together for a real home cooked Thanksgiving feast.

The whole school pulled together to make it happen. Teachers sent home requests with each grade providing different parts of the meal. Pre-K- a box of family-sized tea bags, Kindergarten-2 boxes of macaroni and cheese, 1st Grade cans of corn green beans, 2nd Grade cans of yams, 3rd Grade - cans of peas and baked beans, 4th

Grade - stuffing, and 5th Grade- instant mashed potatoes. In addition to the food donated by the students, the PTA purchased 42 turkeys from Food City, also Wal-Mart donated boxes of tea bags and Yvonne Holifield, the physical education teacher, and her husband's church, Philppi Missionary Baptist donated 40+ bags of baking potatoes. Central Supply in the Johnson City Medical Center donated boxes for the cause. The food was divided depending on the size of the family in need into the boxes which were decorated in a festive manner by Cherokee students. "One person could not have done all of this. It took each and every one of us--from the students, to the faculty, to so many of our Board members", said Cheryl Hoye. The event was a wonderful way for the school to pull together to help the community. **FPT**

Q: What did the ghost say to Santa Claus?

A: I'll have a boo Christmas without you...

Q: What kind of candle burns longer, a red candle or a green candle?

A: Neither! Candles always burn shorter!



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FKJ *continued from page 4*

need?" To which they would reply "Yes." Then I would say, "Do you have your towel?" To which they would reply, "Yes" Then I would say, "Do you have your pajamas?" To which they would reply, "Yes". Then as the boys finished in the shower I would say, "Did you collect all of your belongings from the shower? You don't want to leave anything behind" To which they would reply, "Yes". Then one by one I would send the next round into the showers. After they got in the shower, ready to turn it on, one by one they would run out of the shower back into the dorm to get their towels, shampoo, pajamas, etc. I did pick up some awesome dating tips from several of the 10-year-old boys waiting in line. Apparently this AXE shower gel called "Dark Temptation", which has the scent of chocolate, drives the ladies wild. One of the boys told me he had gotten two girlfriends that very day just because of the chocolate AXE. I was planning to buy some when I got back but while we were cleaning up the next day I discovered like 7 barely used bottles left in



the shower stall... LOOK OUT Ladies.

Our last night we thought it would be good to get the boys to sleep early since we had to get up early to pack. The boys had a different idea. I am not exaggerating when I tell you it was like the monkey house at the zoo, when all the monkeys have been drinking energy drinks and given jack hammers. Three adult males, Mr. Chaney, Mr. Fagens and myself were utterly powerless. And then, as if by magic a hush fell over the monkey house. I heard whispers through the throng "Ms. Bales is here", Ms. Bales is here". I do not know what superpower she wields I am only thankful that she uses her power for good and that she is on our side. The only sound I heard as she walked through the dorm shining her flashlight hither and yon was the sound of her shoes clicking on the floor. About this time poor Mr. Fagens walked out of the bathroom where he had been getting

ready for bed. Without realizing who he was Ms. Bales bellowed out, "WHAT ARE YOU DOING!" To give you an idea of the volume Ms. Bales reaches with her voice, the school issued her a bullhorn to use in here class so she wouldn't be so loud. I think a few months of counseling will get Mr. Fagens back on track. Mr. Chaney asked Ms. Bales if we could borrow here shoes to walk around in in case the boys got rowdy again.

The next morning we had to get the boys up early so we could pack before our classes. Mr. Chaney got the bright idea of running through the dorm with the alarm blaring on his bull horn. He held the horn up over his head. Mr. Chaney is about 6 feet tall. His bullhorn is about 18 inches long. The top of a door frame is about 7 feet off the ground. Sufficed to say, Mr. Chaney is not the math teacher in the group. After helping Mr. Chaney up off the ground the boys were pretty much up and moving.

In closing I would just like to say to those parents whose children went on this trip with me, remember, you signed the release on the permission slip. **FPT**

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Enter The Regifting Story Contest To Win Your Share Of \$1100 In Gift Certificates.

Readers are invited to share their regifting stories and videos for a chance to win a share of \$1100 in gift card prizes. "Regifting" is the art of taking an unused gift and giving it to someone else during the holidays. The prizes this year are in the form of Amazon.com gift certificates and will be given as follows: First place: \$500 gift certificate, \$250 gift certificate, Third place: \$100 gift certificate and one lucky random winner will also get a \$250 gift certificate. First, second, and third place winners are selected based upon a popularity contest (i.e. the number of votes cast for each eligible regifting story and the ribbon rating that each voter gives to that story).



Regiftable.com is a forum for all things regifting, including an archive of more than 1,000 consumer stories running the gamut from the heartwarming to the horrifying. In addition to this year's regifting story contest, the site also offers fun games, facts, personalized gift certificates, regifting party rules, the regifting blog post, and much more.

Some story suggestions to get you started are:

Regift recipient. Do you know or suspect that you have received a regift? How did that make you feel? Did you like, want or need the gift you received?

Revolving regifter. Do you and your friends have a "revolving" regift that keeps getting passed from person

to person? What is the item and how did the tradition start?

Regretful regifter. Have you unsuccessfully tried to regift? How did the situation resolve itself? Will you try again?

Resourceful regifter. Are you a regifting guru? What is your proudest regifting accomplishment?

The contest ends on December 31, 2009 so submit your story online today! To submit your story, more information and the official rules go to: www.regiftable.com.

Regiftable.com was created by the nonprofit Money Management International (MMI) to give people a fun way to learn more about regifting, and to start the conversation on a topic many people are reluctant to discuss—holiday spending and financial worries. This year, holiday gift-giving may be particularly difficult as economic stressors continue to stretch family budgets. Money Management International (MMI) is a nonprofit, full-service credit-counseling agency, providing confidential financial guidance, financial education, counseling and debt management assistance to consumers since 1958. MMI helps consumers trim their expenses, develop a spending plan and repay debts. Counseling is available by appointment in branch offices and 24/7 by telephone and Internet. Services are available in English or Spanish. To learn more, call 800.432.7310 or visit MoneyManagement.org

Consumers may have been hesitant to

break tradition in the past, but this is the year everyone should consider adopting new holiday practices," said Cate Williams, vice president of financial literacy for MMI. "Instead of going broke this holiday season, consumers should consider bringing unused gifts out of the supply closet." **FPT**

SUDOKU HARD

Instructions: On page 2

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

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Sudoku Really Hard Instructions: On page 2

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

Sudoku last month's Really Hard answer

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



Local Historical Christmas Happenings

By: Lisa Baughn

It is truly the most wonderful

time of the year! Our family absolutely loves celebrating all of the historical Christmas happenings in Northeast Tennessee! Join us for a few weekends of "Time Travel" at local destinations. Travel easily from the western frontier around the time of the Revolutionary War, all the way up to the Civil War, with many stops in-between!

Candlelight Christmas Dec 4 & 5th, Dec 11 & 12 Our family really loved joining the Cobb family, as they celebrated Christmas in the 18th century. For the Cobbs 1791 was a special Christmas; Governor Blount has just returned to Rocky Mount, bringing his family from North Carolina. Music, dancing, decorations, and sacred tales will all be part of your experience on this magical candle-lit evening. We highly recommend this! www.rockymountmuseum.com/

Exchange Place ~ Kingsport December 5, Saturday 10-4:00, Special Yule Log Ceremony at 4:00 pm. Enjoy "Christmas in the Country" at the Exchange Place. Period crafts, cooking, beautiful handmade wreaths and a mid-19th century Christmas celebration for the whole family! www.exchangeplace.info

Tipton Haynes Historic Site ~ Johnson City December 5 Visions of Christmas 1859 – Saturday (cannot confirm times at this printing, has been 2pm-6pm in the past. Join the Haynes family as they celebrate a Civil War Christmas, right before the war actually broke out. Holiday music, refreshments, and activities

SUDOKU Medium

Instructions on page 2

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

in the museum for children. This is an absolutely DELIGHTFUL event! Admission charged. www.tipton-haynes.org/

Sycamore Shoals ~ Elizabethton TN ~ Christmas at the Carter Mansion Friday, December 4 and Saturday, December 5 from 6:00 – 9:00pm Spend an evening in the oldest frame house in Tennessee, built on the frontier around 1775 and widely known for its extraordinary interior craftsmanship. The Mansion is decorated for Christmas in the style of the 1780s and features costumed interpreters, refreshments, and music to highlight this candlelit evening. www.sycamoreshoals.org

December Muster at Fort Watauga Saturday, December 5 and Sunday, December 6 10:00am – 4:00pm Bring in the season with the Company of Overmountain Men during the re-enactment of an 18th century Christmas in the backwoods of Colonial America, featuring living history demonstrations and more. www.sycamoreshoals.org

Old Christmas: Militia Muster at Fort Watauga Saturday & Sunday, January 9 & 10, 2010 from 10:00 am – 4:00 pm Christmas isn't over yet! European migrants brought Old World holiday traditions to America, from the Dutch Sinter Klaus to the Twelve Days of Christmas. Discover the English, German, Scotch-Irish, and Dutch roots of our modern holiday celebrations. www.sycamoreshoals.org

Netherlands Inn ~ Kingsport Dec. 4-6 A Flatboat Christmas at The Inn Featuring the East Tennessee Bluegrass Band on Friday, Dec. 4. Doors open at 5 PM. Music starts 6 PM. Tickets include the band, Tours of the Inn decorated by local Garden Clubs, Wreath Festival & Silent Auction. Refreshments served. Free shuttle transportation from the KCVB offices downtown. Tickets, \$10, children under 6 free, are available at TK Hot Dogs, KCVB and Netherlands Inn Museum Shop. On Dec. 5 and Dec. 6 the Inn is open featuring all of the above except the ETSU band. Please note: www.netherlandsinn.com/html/events.html

Davy Crockett Birthplace December 12~ Crockett Christmas Travel down to the Limestone area, on the way to **Greeneville** for a "Crockett Christmas." Enjoy a living history event that with a glimpse of Christmas past on the western frontier. The birthplace cabin will be decorated in pioneer spirit and filled with traditional music and storytelling. Enjoy hot wassail and edibles common to that period. The path to the cabin will be lit by candlelight and a nice warm fire in the cabin and outside the cabin will keep you toasty warm. Event time will be 2:00-9:00 pm

for Saturday. For more information www.state.tn.us/environment/parks/DavyCrockettSHP/pdf/events.pdf

"Twelve Days of Christmas" Night Christmas Parade ~ Saturday December 12 6pm Enjoy a lighted night parade in downtown Historic Jonesborough - December 12 at 6 pm www.jonesboroughtn.org/

Enjoy your "Time Traveling" in the Tri-Cities area this Christmas! Visit our website at www.LivingHistorySites.com for more information on these events! Merry Christmas to all! **FPT**

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style. e-mail your comments, suggestions or questions to: homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com).

Christmas Fun Facts

- Electric lights for trees were first used in 1895.
- Even though many believe the Friday after Thanksgiving is the busiest shopping day of the year, the Friday and Saturday before Christmas are actually the two busiest shopping days of the year.
- In Greek, X means Christ. That is where the word "X-mas" comes from.
- If you received all of the gifts listed in "The Twelve Days of Christmas" song, you would receive 364 presents.
- "It's a Wonderful Life" appears on television more than any other holiday film.
- Charles Dickens' original choice for Scrooge's statement "Bah Humbug" was "Bah Christmas."
- "Jingle Bells" was first written for Thanksgiving but later became one of the most popular Christmas songs.
- More diamonds are sold around Christmas than any other time of the year
- Animal Crackers are not really crackers, but cookies that were imported to the United States from England in the late 1800s. Barnum's circus-like boxes were designed with a string handle so that they could be hung on a Christmas tree.

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How to Give Your Dog a Pedicure

by: Diana Picchi

Grooming your dog's nails is a very important part of maintaining healthy paws. All dogs need their nails trimmed on a regular basis, especially indoor dogs. Nails that grow too long can damage your pup's feet (as well as your floors!) and cause traction problems. They can also become ingrown or left too long. A dog's nails should just touch the floor when walking. If the nails are clicking on the floor or snagging in the carpet, it's time for a pedicure. Most dogs need their nails trimmed once or twice a month. Many people are too intimidated to trim their dog's nails, but it's actually a simple procedure that only takes a few minutes, and leaves your dog looking and feeling great!



There are a few things you will need before you start your pedicure. You will need nail clippers, of course. There are few different types of nail clippers for dogs. For puppies or very small dogs, you can use regular human toenail clippers. For small to large dogs there are two main types of clippers: a scissor-like device with blades on each "shear" and a "guillotine-blade" type, which is more common. You should try out both types and see which you find most comfortable and confident in using. Whichever you choose, it is very important to make sure that the blades are sharp. Be sure to read the instructions for the type of clippers you are using, as each type has its own instructions as to which way the clippers should be held. You may want to have a pair of scissors handy, to trim the hair around nails and in between pads. This hair mats easily and will make your pedicure go smoother if trimmed. You can also use dog hair clippers to get to the hair all the way down into your dog's paws. You may also want a grinding tool, such as Pedipaws, to file your dog's nails smooth afterwards. Nails can be quite sharp after being clipped, and by using a grinder you can dull them down. Not all dogs will allow you to use a grinder, but walking your dog for a while on concrete is just as affective. For dogs who hate nail clippers, you can also use a grinder instead of clippers to completely file nails. Care must be taken to avoid grinding too short, which will make them bleed. It is also a good idea to have some sort of styptic powder or other blood stopping agent on hand, just in case you cut a nail too short. A non-slip mat can help your dog avoid injury, and you'll want to have treats to give your dog to reinforce nail-cutting as a positive experience. You can add nail polish that is made specifically for dogs for a finishing touch.

The first step is to place your dog on a raised surface, using a non-slip mat. If your dog is squirmy, it would be a good idea to have someone help hold your dog

while you cut his nails. If your dog has excessive hair around his toes or pads, trim it away. Now you can trim the nails. Lift up the dog's foot and slide the trimmer over the nail. Stay within the white part of the nail. Squeeze the handle of the trimmer smoothly and firmly. Don't try to pry the nail off: when the trimmer is used properly, the nail should just pop off. Repeat this for each nail, on each foot. Don't forget the dewclaws, on the inside of the leg, if your dog has them. These nails never touch the ground and wear down less rapidly than the others.

Take care not to cut past the white part of the nail. If you cut too far, you will cut into the quick, which is very painful to the dog and will cause bleeding. The quick contains nerves and blood vessels that supply the blood to the nail. If your dog has dark nails, it is harder to tell how far to cut. To make it easier, feel each nail. There is a "hook" on the underside of each nail, a slight indentation where the excess nail has grown from the quick. You can feel this by running your fingernail just on the undersides of the dog's toenails. There is a slight bump you will hit, and beyond the bump is the excess toenail where there is no quick. This is the part you trim off. If you do happen to cut past the quick, and your dog's nail is bleeding, apply pressure using a styptic powder or pen to stop blood flow for at least one full minute and the bleeding should stop. If you do not have a styptic pen or powder, several household items may be used, such as flour, cornstarch, baby powder, sugar, or cotton. Once the bleeding has stopped, avoid wiping the blood clot off of the tip of the nail or it could start bleeding again.

The next step is optional. If you choose to file your dog's nails, make sure you

let the grinder run for a few seconds before using it, to allow your dog time to get used to the sound and look of the device. Hold your dog's paw firmly in the "hand shake" gesture, separate a nail and hold up the grinding tool sideways. File each nail for a few seconds, rocking the grinder back and forth. Make sure that you do not file for too long, the nails have just been trimmed and are already short. Continue for each nail, on each foot. If your dog does not like grinders, you can just take it for a stroll on concrete to file the sharp edges.

Now for the finishing step: polishing your dog's nails. First, inspect your dog's nails for good health before

Please see "Pet Spot" on page 18

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Funding provided by The Tennessee Arts Commission & Eastman Chemical company



Arthritis -- Breakthrough Relief For The Rest of Your Life

(NewsUSA) - **O**steoarthritis is a degenerative disease in which joint cartilage wears away over time. According to the Centers for Disease Control and Prevention (CDC), approximately one-third of American adults suffer from chronic arthritis.

your name or write," writes Dr. Larry Lytle in his book, "Universal Healer: Osteoarthritis." "In short, it is the most common form of disability."

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Osteoarthritis cannot currently be cured, but effective non-drug treatments can safely improve the quality of life of millions of people.

For example, the FDA has recently approved a low-level laser treatment, the QLaser, for treating osteoarthritis in the hands.

The QLaser System helps the body reduce pain by stimulating the release of endorphins (the body's natural painkillers), while also helping the body reduce inflammation, increase circulation, help heal damaged cell membranes

and boost cellular energy levels, resulting in less pain and faster healing.

Keeping a device like the QLaser at home can help people address their osteoarthritis without turning to costly medical treatments or dangerous drugs.

For more information



Q: What do you have in December that you don't have in any other month?

A: The letter "D" !



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Bacon Double Cheeseburger Meat Loaf

SUPPLIES:

- 4 slices bacon
- 1 1/2 lbs. lean ground chuck or ground round
- 1 C firm fresh white bread crumbs
- 1 C coarsely shredded sharp cheddar cheese (about 4 oz.)
- 1 large sweet onion, such as Vidalia, chopped
- 2 TBS regular or low-fat mayonnaise
- 2 TBS India or other sweet pickle relish
- 2 tsp dry mustard
- 3/4 tsp salt
- 1/2 tsp freshly ground pepper
- 1 egg
- 1/4 C ketchup

HOW TO:

1. Preheat oven to 350.
2. Cook bacon over medium heat in medium skillet, until it is limp and some of the fat is rendered, 3 to 4 minutes. Remove bacon from the skillet and reserve it.
3. Use hands to gently but thoroughly mix together the meat, bread crumbs, 1/2 C of the cheese, onion, mayonnaise, relish, mustard, salt, pepper and egg in a large mixing bowl.
4. Pat the mixture into a shallow 2-quart baking pan.
5. Spread the top with the ketchup, then lay the bacon strips over the ketchup.
6. Bake until the loaf is firm and the bacon is crisp, 45 to 50 minutes, sprinkling the top of the loaf with the remaining 1/2 C of cheese to melt during the last 5 to 10 minutes of baking.
7. Let the meat loaf stand in the baking dish for 10 minutes, then cut into squares to serve.

Broccoli Casserole

SUPPLIES:

- 1 10-oz. pkg. frozen broccoli cuts
- 1 stick butter, melted
- 1 can cream of mushroom soup
- 1/4 cup milk
- 1 1/2 cups cooked rice
- 1 cup shredded cheese
- 1 can fried onions

HOW TO:

1. Preheat oven at.
2. Combine all ingredients except half the onions in a casserole dish.
3. Mix well
4. Sprinkle remaining onions on top.
5. Bake for 55 minutes.

Kid Friendly Recipes



Pad Thai

SUPPLIES:

- 7 OZ wide rice noodles
- 1/4 C fish sauce
- 2 TBS sugar
- 3 TBS peanut or vegetable oil, divided
- 1 TBS soy sauce
- Juice of 1 lime
- Pinch of red pepper flakes (optional)
- 7 OZ extra-firm tofu, dried well and cut into 1/2-inch cubes (optional)
- 2 eggs, lightly beaten
- 1 garlic clove, minced
- 1/2 C cooked shrimp, chopped (optional)
- 2 C bean sprouts
- 1/2 C dry-roasted peanuts, chopped (optional)
- 1/2 C cilantro leaves, chopped and lightly packed (optional)

HOW TO:

1. Soak noodles in hot water according to the package directions.
2. In a small bowl combine fish sauce, sugar, 2 TBS of the oil, soy sauce, lime juice, and the red pepper flakes and set aside.
3. Heat remaining TBS of oil in a large nonstick pan over medium-high heat. Sauté the tofu cubes, until golden brown, about 7 to 8 minutes, then remove from pan and set them aside.
4. Reduce heat to medium-low and scramble eggs, breaking up any large pieces. When done, set eggs aside with the tofu cubes.
5. Drain the soaked noodles.
6. Sauté garlic and shrimp for about 30 seconds
7. Add fish sauce mixture and noodles to pan.
8. Add tofu cubes, eggs, and bean sprouts, stirring gently until everything is thoroughly heated. Remove to a serving dish and garnish with the peanuts and cilantro.

Appetizer Cheese Bites

SUPPLIES:

- 12 OZ extra sharp Cheddar cheese, shredded
- 3 egg whites, stiffly beaten
- 1/3 C flour
- 2 to 4 dashes hot sauce
- Salt dash
- 1 tsp parsley flakes
- 1/4 tsp paprika
- Cornmeal
- Vegetable oil for frying

HOW TO:

1. Beat egg whites very stiff.
2. Add shredded cheese to egg whites
3. Add flour, hot sauce, salt, parsley flakes, and paprika.
4. Shape mixture into small balls and roll in cornmeal.
5. Put oil in a heavy skillet to a depth of about 1/4-inch.
6. Heat over medium-high heat.
7. Cook cheese balls in hot oil until golden brown, turning constantly.

Q:

What do reindeer hang on their Christmas trees?

A: "Horn"-aments!

Q: What would a reindeer do if she lost its her?

A: She'd go to a "re-tail" shop for a new one!

Q: Why is Prancer always wet?

A: Because he's a "rain"-deer!

Q: What does Father Christmas suffer from if he gets stuck in a chimney?

A: Santa Claustrophobia!

Q: Why was Santa's little helper depressed?

A: He had low elf esteem

Yes!

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AMERICAN BLACK BEAR



The Black Bear evolved two million years ago. This species is native to North America. It lives from Alaska to Mexico and from the Atlantic Ocean to the Pacific Ocean. This includes 41 of the 50 states. In the mid 1990's the population of Black Bears was estimated to be between 340,000 and 360,000.

The American Black Bear is usually 2.5 to 3.0 feet at the shoulder. Standing their hind legs they can be up to 7 feet tall. Females are about 33% smaller; they can weigh up to 400 pounds and males up to 600 pounds.

These bears have small eyes, rounded ears, a long snout, large body and a short tail. Their coat is generally shaggy and black. They have an excellent sense of smell and "color vision". Although Black Bears can stand and walk on their hind legs it is

normal for them to walk on all fours. Their hind legs are slightly longer than the forelegs and the legs on one side move together instead of alternating, much like a pacer horse. Each paw has five long, strong claws used for tearing, digging and climbing.

Black Bears are very powerful; with one paw swipe they are capable of killing an adult elk. They are good swimmers and can run with speeds up to 30 miles per hour.

Black Bears typically hibernate during winter in hollowed out dens in tree cavities, under logs or rocks, in bank caves and shallow depressions. Dens are usually used again from year to year. The last meal before hibernation is tough fibrous roots an intestinal plug that

remains in place until spring. The bears do not eat or defecate or urinate during the time of hibernation.

Cubs are generally born in January or February. They weigh about 14 oz. they are blind, hairless and helpless when born. One to five cubs are born while their mother sleeps. The Mother nurses them with rich

earlier moon as a "betrayal moon" (belewe moon), thus the Lent moon came at its expected time.

Folklore gave each moon a name according to its time of year. A moon which came too early had no folk name – and was called a blue moon – bringing the correct seasonal timings for future moons

The Farmer's Almanac defined blue moon as an extra full moon that occurred in a season; one season was normally three full moons. If a season had four full moons, then the third full moon was named a blue moon.

Recent usage defined a blue moon as the second full moon in a month, stemming from an interpretation error made in 1946 and discovered in 1999.

The most literal meaning of blue moon is when the moon (not necessarily a full moon) appears to a casual observer to be unusually bluish, which

milk and by spring thaw when the bears start leaving the den they are 4 to 8 pound fur-balls of energy, inquisitive and playful. The cub's survival is totally dependent on the skill of the Mother. She is fiercely protective of her young and when she senses danger she growls, snort, blows and snaps her jaws, and the cubs climb up a tree. She teaches them what and where to eat, how to forage, where to den and when and where to seek shelter.

Black Bears eat plants, meat and insects. They are notorious for raiding beehives for honey and bee larvae. Their favorites are salmon, alligator eggs, crayfish and trout. They have been known to raid garbage dumps, camp sites and trash bins.

The Teddy Bear owes its existence to a young Black Bear cub that President Teddy Roosevelt refused to shoot. Smokey Bear (mascot of the United States Forest Service) is based on a Black Bear cub found in New Mexico after a forest fire in Baker Lake, Washington.

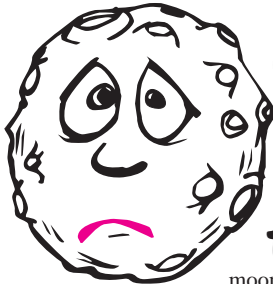
The Great Smoky Mountains National Park provides the largest protected Bear habitat in the East. It is estimated there are approximately 1,800 bears living in the park. That is over two bears per square mile. When camping in the park be sure to "bear-proof" your food, toothpaste and cosmetics. National Park Rangers can fine you up to \$5,000 and up to six months in jail for not obeying the park rules. Please remember to view the bears from a distance. **FPT**

is a rare event. The effect can be caused by smoke or dust particles in the atmosphere, as has happened after forest fires in Sweden and Canada in 1950 and, notably, after the eruption of Krakatoa in 1883, which caused the moon to appear blue for nearly two years. The particles in the atmosphere have to be about one micrometre in diameter; under these circumstances, long-wavelength light, which appears red to a viewer, is scattered out of the line of sight and short-wavelength light, which appears blue to a viewer, is selectively transmitted into a viewer's eyes. **FPT**

Once In A Blue Moon

Meaning:

Commonly used metaphorically to describe the rarity of an event.



Say WHAT???

By: Family Pastime Staff

Origin: The origin of the term "blue moon" is steeped in folklore, and its meaning has changed over time.

A blue moon is a full moon that is not timed to the regular monthly pattern. Most years have twelve full moons which occur approximately monthly, but in addition to those twelve full lunar cycles, each calendar year contains an excess of roughly eleven days. The extra days accumulate, so that every two or three years (on average about every 2.7154 years, there is an extra full moon. The extra moon is called a "blue moon."

In calculating the dates for Lent and Easter, the Clergy identify the Lent Moon. It is thought that historically when the moon's timing was too early, they named an

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All Purpose Green Cleaner

By: Michael Bloch

Do you have spray bottles full of various



cleaning chemical concoctions - a liquid for this, a potion for that?

I've published a few articles on various common substances that you can use for different earth friendly cleaning applications around the home (check the links at the end of this article). Here's a recipe contributed by a Green Living Tips reader for an all purpose environmentally friendly cleaning fluid that's very easy to make and costs well under a dollar a bottle! Thanks to Maureen R. for sharing this!

Tip: While this is a tried and tested recipe made in green cleaning workshops, always spot test any cleaning fluid before going all out.

Ingredients and Supplies

- 32 oz. (around 950ml) spray bottle - try to use

a bottle made from recycled materials, or is recyclable. Maureen recommends #2 plastic

- water
- White distilled vinegar. It should be vinegar made from grain or plant material. Believe it or not, some is made from petroleum based (crude oil). It gives a whole new meaning to fuel as food.
- Genuine lemongrass essential oil. Lemongrass has anti-bacterial properties. For increased disinfecting power, you can use Tea Tree oil which also has anti-viral and anti-fungal properties.
- Earth friendly dishwashing liquid. This can be found in just about any supermarket. The dishwashing liquid is necessary to clean mirrors and glass streak-free. Many commercial window/glass cleaners have chemicals of a waxy nature in them; so when you switch to vinegar/water, there will be streaking unless you have the dish detergent in your cleaner.

Method

1. Fill bottle half with water
2. Top it off with white distilled vinegar, but leave a little room for the additional ingredients and for shaking
3. Add 10-14+ drops lemongrass essential oil.

Maureen says she uses around 30 drops, but started off with 14 to minimize the chance of skin irritability.

4. Add 2-3 drops of the earth friendly dishwashing liquid.
5. Cap and shake.

There should be a thin layer of foamy bubbles at the top - but not too many.

6. Label container clearly. Store out of direct sunlight and be sure to shake before using.

Uses:

Windows, mirrors, floors, some carpet/clothing/upholstery stains, chrome, as a rinse after using baking soda, cleaning stainless steel and porcelain, to clean toilet area. Also cleans car windows/mirrors, door handles, and much more. Maureen also keep some in the car and uses it as a hand cleaner.

I just whipped up a batch of this cleaner using tea tree oil and tried it out on stainless, glass and a bench top - works very well and smells pretty good too!

Important notes from Maureen:

- Do not use vinegar on marble. Before you use the cleaner on glass and mirrors that have been previously cleaned with commercial products, wash the surface with warm soapy water once to remove any wax buildup that can otherwise cause streaking.
- Pass this recipe on!
- Maureen tells me that this recipe is part of a Pass It Forward Project. Those who use it are warmly encouraged to share the recipe with at least one other person (preferably more!). **FPT**



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Family Crypto-Time-Last Month's Answer

“Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelveminutes. This is not coincidence.”

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: WCVXZABCDEFGHIJKLMNOSTU



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DOUBLE TAKE

Find at least 31 differences in the two pictures (answers are on the bottom...no peeking!!!)



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...What **V** REALLY Stands For!

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

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- 2 Couches fer yer lawn or porch
- 17 different stains to put on 'em (such as: coffee, beer, cheese whiz, beer, Grandpa, beer and leaky puppy)
- A whole dang passel of critters (such as: dawgs, cows, goats, chickens and stuff ya'll can shoot)
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EXIPRATION: (just like my father-in-law) reckon it won't NEVER EXPIRE!!

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Smoke Alarms Save Lives

65% of home fire deaths occur in homes with either no smoke alarms or smoke alarms that don't function properly. The Johnson City Fire Department is joining the National Fire Protection Association to raise awareness of smoke alarm safety. The installation and maintenance of smoke alarms are essential to providing a fire safe home. When there is a fire, time is critical in escaping your home. Working smoke alarms to give early warning to allow for quicker escape.

Safety Tips

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home. When one sounds, they all sound
- Test alarms at least monthly by pushing the test button.
- Smoke rises; install smoke alarms following manufacturer's instructions high on a wall or on a ceiling. Save manufacturer's instructions for testing and maintenance.

- Replace batteries in all smoke alarms at least once a year. If an alarm "chirps," warning the battery is low, replace battery right away.
- Replace all smoke alarms, including alarms that use ten year batteries and hard-wired alarms, when they are ten years old or sooner if they do not respond properly when tested.
- Alarms that are hard-wired (and include battery backup) must be installed by a qualified electrician.
- Smoke alarms that include a recordable voice announcement, in addition to the usual alarm sound, may be helpful in waking children through the use of a familiar voice.
- Smoke alarms are available for people who are deaf or hard of hearing. These alarms use strobe lights. Vibration equipment can be added to these alarms.
- Smoke alarms are an important part of a home fire escape plan

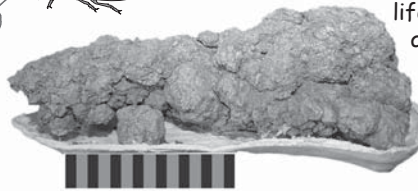
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COPROLITES

has to go in its lifetime versus how many times it dies, studying fossilized feces can tell us a lot.

Coprolites, can tell us about the lifestyles of the animals that left them behind. From this information, we can interpret what kind of prey these animals ate and how their



Fossil feces from a carnivorous dinosaur. Specimen found in southwestern Saskatchewan, Canada. Scale bar is 15 centimeters (approximately 6 inches) long.

digestive systems worked, and information about their habitats. The real difficulty in studying coprolites is identifying who deposited them. And, as you might think, some dinosaurs left behind some huge specimens, measuring as much as two and half liters in volume and as much as sixteen inches in

across. By examining coprolites, paleontologists are able to find information about the diet of the animal (if bones or other food remains are present), such as whether or not it was a herbivore, and the taphonomy (the study of decaying organisms over time and how they become fossilized) of the coprolites, although the producer is rarely identified unambiguously (leaving no doubt; clearly; certainly), especially with more ancient examples. In one example these fossils can be analyzed for certain minerals that are known to exist in trace amounts in certain species of plant that can still be detected millions of years later. In another example, the existence of human proteins in coprolites can be used to pinpoint the existence of cannibalistic behavior in an ancient culture. Parasite remains found in human and animal coprolites have also shed new light on questions of human migratory patterns, the diseases which plagued ancient civilizations, and animal domestication practices in the past.

If you would like to own some fossilized dung of your own there are many sites on the web that sell it. This might just be the perfect Christmas gift for the person who "has everything". **FPT**

"Coprolite" is a scientific name for the fossilized excrement, feces, droppings, poop, or pooh of ancient animals. It was coined by Dr. William Buckland (1829). What a great way to be remembered, "The fossilized pooh guy".

One would think that it would be difficult for feces to fossilize considering other possible fates. It could be eaten by another animal, digested by microbes, washed or blown away, or other things. But if the animal who left the feces was a carnivore, the pooh probably contains bone material which contains calcium and phosphate. Together these properties make up a compound important for fossilization. Calcium phosphate is largely responsible for turning soft feces into a hard fossil. And considering how often an animal

The Story Of Mistletoe

Mistletoe is especially interesting botanically because it is a partial parasite (a "hemiparasite"). As a parasitic plant, it grows on the branches or trunk of a tree and actually sends out roots that penetrate into the tree and take up nutrients. But mistletoe is also capable of growing on its own; like other plants it can produce its own food by photosynthesis. Mistletoe, however, is more commonly found growing as a parasitic plant. There are two types of mistletoe: *Phoradendron flavescens* (The mistletoe that is commonly used as a Christmas decoration) is native to North America and *Viscum album*, which is of European origin. This type is a green shrub with small, yellow flowers and white, sticky berries which are considered poisonous. It is commonly seen on apple but only rarely on oak trees. The rarer oak mistletoe was greatly venerated by the ancient Celts and Germans and used as a ceremonial plant by early Europeans. The Greeks and earlier peoples thought that it had mystical powers and down through the centuries it became associated with many folklore customs.

The Mistletoe Magic :

From the earliest times mistletoe has been one of the most magical, mysterious, and sacred plants of European folklore. It was considered to bestow life and fertility; a protection against poison; and an aphrodisiac. The

mistletoe of the sacred oak was especially sacred to the ancient Celtic Druids. On the sixth night of the moon white-robed Druid priests would cut the oak mistletoe with a golden sickle. Two white bulls would be sacrificed amid prayers that the recipients of the mistletoe would prosper. Mistletoe was gathered at both mid-summer and winter solstices, and the custom of using mistletoe to decorate houses at Christmas is a survival of the Druid and other pre-Christian traditions. The Greeks also thought that it had mystical powers and down through the centuries it became associated with many folklore customs. In the Middle Ages and later, branches of mistletoe were hung from ceilings to ward off evil spirits. In Europe they were placed over doors to prevent the entrance of witches. It was also believed that the oak mistletoe could extinguish fire. This was associated with an earlier belief that the mistletoe itself could come to the tree during a flash of lightning. The traditions which began with the European mistletoe were transferred to the similar American plant with the process of immigration and settlement.

Kissing under the mistletoe :

Kissing under the mistletoe is first found associated with the Greek festival of Saturnalia and later with primitive marriage rites. They probably originated from two beliefs. One belief was that it has power to bestow fertility. It was also believed that the dung

from which the mistletoe would also possess "life-giving" power. In Scandinavia, mistletoe was considered a plant of peace, under which enemies could declare a truce or warring spouses kiss and make-up. Later, the eighteenth-century English credited with a certain magical appeal called a kissing ball. At Christmas time a young lady standing under a ball of mistletoe, brightly trimmed with evergreens, ribbons, and ornaments, cannot refuse to be kissed. Such a kiss could mean deep romance or lasting friendship and goodwill. If the girl remained un-kissed, she could expect not to marry the following year. In some parts of England the Christmas mistletoe is burned on the twelfth night lest all the boys and girls who have kissed under it never marry. Whether we believe it or not, it always makes for fun and frolic at Christmas celebrations. Even if the pagan significance has been long forgotten, the custom of exchanging a kiss under the mistletoe can still be found in many European countries as well as in Canada. Thus if a couple in love exchanges a kiss under the mistletoe, it is interpreted as a promise to marry, as well as a prediction of happiness and long life. In France, the custom linked to mistletoe was reserved for New Year's Day: "Au gui l'An neuf" (Mistletoe for the New Year). Today, kisses can be exchanged under the mistletoe any time during the holiday season. **FPT**

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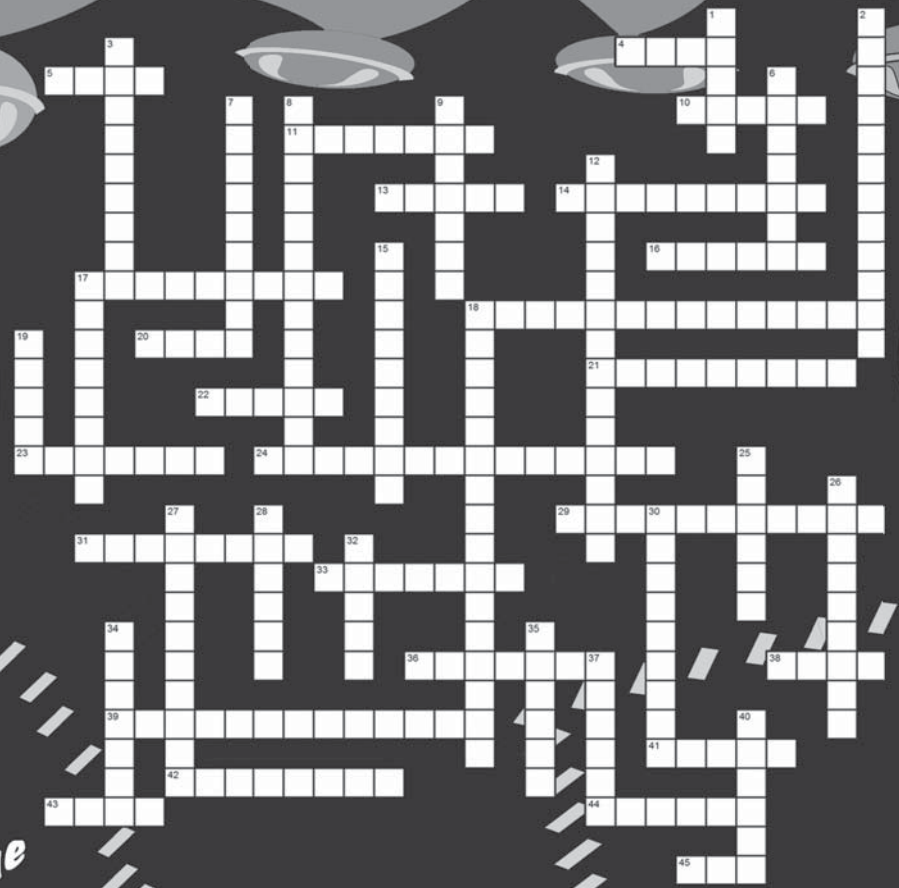
Across

- 4. If you are bad you will get a lump of this in your stocking.
- 5. What you do to a gift before you give it.
- 10. Was born on Christmas day
- 11. Three guys who brought gifts to Jesus at his birth.
- 13. Unity
- 14. Where Santa lives.
- 16. Santa Signature sound
- 17. The practice of taking a gift that has been received and giving it to somebody else.
- 18. Tasty man
- 20. Decorate this for Christmas.
- 21. Jingle
- 22. The number of principles (Nguzo Saba) of Kwanzaa.
- 23. The children play this game of luck.
- 24. I'm dreaming of this.
- 29. First day of Christmas shopping
- 31. Festival of Lights
- 33. Traditionally has a carrot nose.
- 36. When giving a gift this is what counts.
- 38. Some top the tree with this.
- 39. I will have this without you.
- 41. Your Mom and your tree might wear this.
- 42. Hung by the chimney with care
- 43. He checks this twice.
- 44. There are nine of these dancing
- 45. O tidings of comfort and...

Down

- 1. Make the toys
- 2. We won't go until we get some.
- 3. Lives in a pear tree.
- 6. Illuminated proboscis
- 7. Look up the, pucker up
- 8. All I want for Christmas is
- 9. Holds the candles for the festival of lights.
- 12. Leave this snack for Santa.
- 15. The Christmas Star or the Star of
- 17. Pull the sleigh
- 18. Where a gingerbread man might live.
- 19. Holds up your tree
- 25. He tried to steal Christmas.
- 26. Sugar walking stick.
- 27. Visions of these danced in their heads.
- 28. Christmas songs.
- 30. Roast by an open fire
- 32. Some top the tree with this.
- 34. They bounce
- 35. Christmas drink
- 37. Hangs shiny on your tree
- 40. A jolly happy sole

Family Pastime Magazine



Answers in next month's issue

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Last month's Easy Answer

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

SUDO-KID-U 2

Instructions: On page 2

	4			
				4
3				
		2		

Last month's HARD answer

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

SUDOKU- EASY Instructions: On page 2

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



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 Permanent Rainbow

You have probably seen the beautiful rainbow colors caused by a tiny bit of oil floating in a puddle of water.

In this experiment, we are going to capture those colorful patterns on paper, in a permanent form, so you can view them anytime you like, without a messy puddle. You might use this for the front of a lovely Christmas card or frame it as a nice gift.

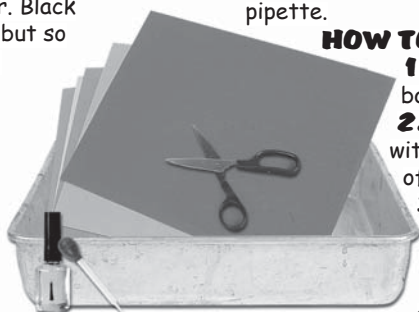


SUPPLIES:

- 1. A piece of paper. Black construction paper works well, but so does glossy inkjet photo paper.
- 2. A cake pan or similar container that can hold water, and that is big enough to hold the piece of paper flat in the bottom. Cut paper to size if you don't have a pan big enough.
- 3. Clear fingernail polish.
- 4. An eye dropper that

you can throw away or a disposable plastic pipette.

HOW TO:



- 1. Place paper in the bottom of the pan.
- 2. Cover paper, in pan with at least a half of an inch of water.
- 3. Put the eyedropper into the nail polish bottle, and squeeze just a little air out of it, to get just a half of an inch or so of nail polish into the eyedropper. You will only need a single drop.
- 4. Drop a single drop of nail polish onto the surface of the water (if you use more than one drop,

- you might get double patterns).
- 5. The nail polish drop will quickly expand to make a circle of film on the water. This film will be so thin, that it will only be as thick as one wavelength of light.
- 6. Let the circle of nail polish film dry for a few minutes. The edges will generally wrinkle a bit, and the center will take longer to dry than the edges.
- 7. Gently lift one end of the paper out of the water, making sure you catch the edge of the thin circle onto the paper.
- 8. Let the water drip off the paper into the pan for a little while, and then set the paper (with the circle of film clinging to the middle) onto some newspaper to dry.
- 9. To view the colors, hold the paper flat towards the light, and view it at a low angle.
- 10. The glossy photo paper leaves a nice smooth surface with many rings of color. **FPT**

SUPER SUDOKU Instructions: On page 2

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

Pet Spot

continued from page 10

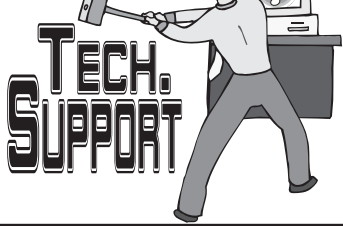
you polish. If your dog has brittle, cracked or split nails, don't use polish- it may aggravate the condition. Rub a salve on their nails and wait a few weeks. Never use human nail polish on dogs. It contains formaldehyde and other chemicals that are not safe for dogs. The same goes for human nail polish remover. There is a very wide selection of dog friendly nail polish that you can easily find online or in pet stores. It will be easier to do this step if your dog is sleepy, happy, and relaxed before you start. The less they wiggle, the easier it will be. Sit on the floor with your dog in your lap and start painting. Don't worry of you get some in their fur. You can always use a remover pad to get it off. A nice puppy massage or

scratch behind the ears is usually enough to get your pup to hold still long enough to let the polish dry. When the polish starts to chip, simply remove with dog-safe remover pads.

Always give plenty of dog treats while giving a pedicure. Also, praise them for being good. This keeps them happy, comforts them, and turns nail trimming into a positive experience. It may take your dog some time to get used to having their nails cut- most dogs will not like it at first. The more you do it, the less stressful it will be and eventually you will have a nice easy way to bond with your dog. If your dog is extremely upset by your attempts to cut its nails or is growling or trying to bite, you should take it to a professional to avoid further stress to yourself or your dog. A vet or groomer is better equipped to handle this kind of situation. **FPT**



Family



How To Choose The Right Video Game Console

By JJ Hendricks

There are six major video game consoles available at retailers right now;



Graphics - The graphics are always improving with the newer video game consoles, so the newer systems will always have the best graphics. The Xbox 360 and PS3 have the best graphics and can display in High

Definition if you have a TV that can display it too. The Wii does not have the same graphical capabilities as the other two, though many casual gamers will not be disappointed. The PSP and DS have less graphical capabilities than the home consoles because they are portable. And the PSP can display graphics quite a bit better than the DS.

If you are considering older systems, each generation is roughly at the same level graphically no matter which system you choose. Playstation and Nintendo 64 are about the same, as are Super Nintendo and Sega Genesis. But Nintendo 64 will be quite a bit better than Super Nintendo, which is better than original Nintendo.

Game Selection - The main reason you buy a system is for the games, so you have to be sure the games you want to play are on the system you choose. Some systems have very wide selections of games because they were so popular, like Playstation 2, Playstation, and Super Nintendo. With these systems you can almost always find a game in the genres you like. If you really like a particular series of games (Mario, Halo, Final Fantasy, etc) you need to be sure to pick the system that those games come out on. Mario games are only on Nintendo systems, N64, Gamecube, Wii, Nintendo DS, and Super Nintendo to name a few. Halo is only on Microsoft's systems, Xbox and Xbox 360. Meanwhile, Final

Fantasy has changed systems. You will find old Final Fantasy games on Super Nintendo and Playstation, and the newer games only on Playstation 2.

Other Capabilities - Many systems have features unique to them that might be important to you or change game play dramatically. For example, Wii has motion-sensing controllers so all the games use movement to control the characters instead of a regular joystick. Likewise, the Nintendo DS has two screens, one being touch-sensitive, and is portable. If portability is important to you be sure to choose one of the portable systems PSP, Nintendo DS, Gameboy Advance, or Gameboy. If online play is an important feature, you should probably choose the Xbox or Xbox 360. They have the best online features.

After considering all these questions you just need to decide which are the most important to you and then choose the system that best fits that criteria. If you are on a tight budget but want a wide selection of games to play, you should choose Playstation or Super Nintendo. The systems and games are very cheap now and thousands of games were made for them. If you want the best graphics and online games, you should probably choose the Xbox 360. It has some of the best graphics and the best online setup.

Once you have weighted all these options you should be well on your way to choosing the best system for you. Now go buy it and start enjoying your gaming purchase.

FPT

JJ Hendricks owns an online retailer of used video games and consoles for most major video game systems www.jjgames.com

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SUPER SUDOKU Answer from last month

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

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.

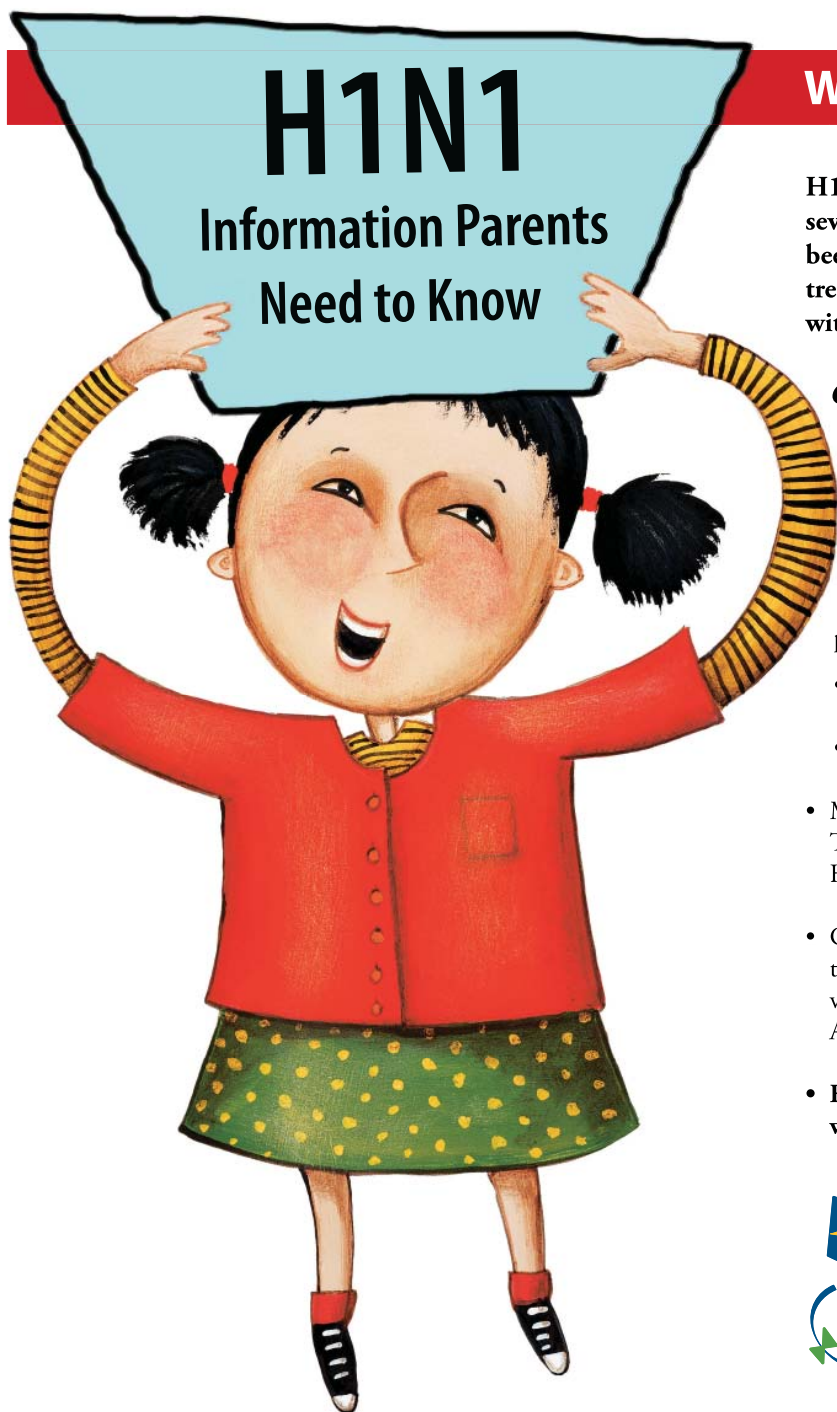
NYH T^HAN JE OXX CPENA OQJDLI OLB UYQPANZO^

NQHH: NYH SQ^HANL^UH JE O^Y^OSSB E^OZPX^B OXX

M^Q^OSS^H^I^ D^S^ P^L^ H^O^U^Y^ J^N^Y^H^Q^. ~Burton Hillis

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





WHAT YOU NEED TO KNOW

H1N1 INFLUENZA is a new virus causing mild to severe illness in people. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

Children, pregnant women and people with chronic medical conditions are at the highest risk of serious complications from H1N1 influenza.

- A vaccination for H1N1 influenza will soon be available to protect against influenza illness. The Centers for Disease Control (CDC) recommends that the following priority groups receive the vaccination:
 - People who live with or care for children younger than 6 months old
 - People ages 6 months to 24 years old
- Mountain States Health Alliance is working with the Tennessee and Virginia Departments of Health to make the H1N1 vaccine available to these groups.
- Contact your healthcare provider or local health department to find out how your family can receive this important vaccination. For general questions about the H1N1 flu call Ask-a-Nurse at 800-888-5551.
- **For more information, please visit www.cdc.gov/H1N1FLU/**

