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Family Pastime Magazine
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THE magazine for the WHOLE family

MERRY CHRISTMAS

Ashley Academy Gives Thanks

By Chris Joker

Second and third grade Pilgrims and Native Americans have been gathering for a Thanksgiving feast every year for the past 15 years at Ashley Academy right here in the Tri-Cities. Jackie Maggard and Edith Roark started the tradition

15 years ago to make the study of these units fun and exciting for their students. Heather Hodan's second graders studied Native Americans by each choosing a tribe (Eskimo, Cherokee, Mohawk, Wampanoag, etc)



and then researching their choice. Holley Ziglar's third graders studied Jamestown and the Pilgrims. The study units culminate in a huge Thanksgiving feast complete with students in the dress of their respective study units. Parents provide the food, help decorate the gym for the feast and, of course, serve the costumed feast attendees. Costumes range from homemade to rentals and include many hand-me-downs from past second and third graders. Ms Holley explained that her costume (dead-on pilgrim) was actually a costume she had used in a school play back when she was a student. I asked Ms. Holley if she ever learned anything new or if it was all old hat (buckled hat-if you will)? She explained that she actually learns something new every year. This year she learned that

Please see Ashley Gives Thanks page 13

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Here's how "Double Take" works: On page 23 there is another picture very similar to this one except there are at least 20 differences. Your job is to find all of the differences. Somewhere in the magazine (if I didn't forget to put it there) there is a list of the differences so you can check your work. NO CHEATING!!!



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TREE CARE TIPS

When a Christmas tree is cut, over half of its weight is water. With proper care, you can maintain the quality of your displayed trees. Below are a number of tips relating to the care of displayed trees:

1. Displaying trees in water is the most effective way of maintaining their freshness and minimizing needle loss problems.

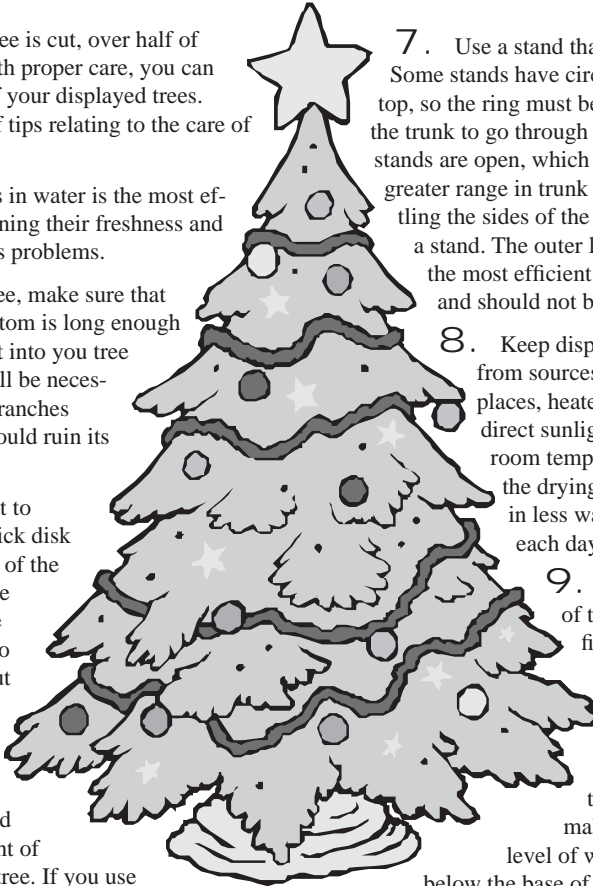
2. In selecting a tree, make sure that the "handle" at the bottom is long enough to allow the trunk to fit into your tree stand. Otherwise, it will be necessary to remove large branches near the base, which could ruin its appearance.

3. Make a fresh cut to remove a 1/4" to 1" thick disk of wood from the base of the trunk before putting the tree in the stand. Make the cut perpendicular to the stem axis. Don't cut the trunk at an angle, or into a v-shape, which makes it far more difficult to hold the tree in the stand and also reduces the amount of water available to the tree. If you use a "center pin" stand, make sure the hole is drilled in the stem after it is trimmed

4. Once home, place the tree in water as soon as possible. Most species can go 6-8 hours after cutting the trunk and still take up water. Don't bruise the cut surface or get it dirty.

5. If needed, trees can be temporarily stored for several days in a cool location. Place the freshly cut trunk in a bucket that is kept full of water. The tree may need to be supported in some manner to keep it from tipping over.

6. To display the trees indoors, use a stand with an adequate water holding capacity for the tree. As a general rule, stands should provide 1 quart of water per inch of stem diameter. Devices are available that help maintain a constant water level in the stand.



7. Use a stand that fits your tree. Some stands have circular rings at the top, so the ring must be large enough for the trunk to go through the hole. Other stands are open, which may allow a greater range in trunk size. Avoid whitening the sides of the trunk down to fit a stand. The outer layers of wood are the most efficient in taking up water and should not be removed.

8. Keep displayed trees away from sources of heat (fireplaces, heaters, heat vents, direct sunlight). Lowering the room temperature will slow the drying process, resulting in less water consumption each day.

9. The temperature of the water used to fill the stand is not important and does not affect water uptake.

10. Check the stand daily to make sure that the level of water does not go below the base of the tree. With many stands, there can still be water in the stand even though the base of the tree is no longer submerged in water.

11. Drilling a hole in the base of the trunk does not improve water uptake.

12. Applying film-forming antitranspirants to the tree does not have a significant effect on the rate of moisture loss from the tree. These products supposedly block the evaporation of water from the surface of foliage, but in reality they have little effect.

13. Adding water-holding gels to the stand is not beneficial and they can reduce the amount of water in the stand that is available to the tree.

14. Do not use additives in the water, including floral preservatives, commercial tree preservatives, molasses, sugar, bleach, soft drinks,

aspirin, honey, and other concoctions. Clean water is all that is needed to maintain freshness.

15. Displaying trees in water with proper care is the most effective way of maintaining a tree's moisture. Some flame-retardants can damage needles and actually increase the rate of moisture loss from trees.

16. Use of miniature lights will produce much less heat and reduce drying of the tree.

17. Always inspect light sets prior to placing them on the tree. If worn, replace with a new set.

18. Do not overload electrical circuits.

19. Always turn off the lights when leaving the house or when going to bed.

20. Monitor the tree for freshness. After Christmas or if the tree is dry, remove it from the house.

21. Go to www.realchristmastrees.org and type in your zip code to find a recycling program near you.

22. Never burn any part of a Christmas tree in a wood stove or fireplace. FPT

For additional information on the handling and care of Christmas trees, check out the following link: <http://www.ba.ars.usda.gov/hb66/contents.html>

"Signs" of Christmas

- Toy Store: "Ho, Ho, Ho Spoken Here."
- Bridal boutique: "Marry Christmas."
- Outside a church: "The Original Christmas Club."
- At a department store: "Big Pre-Christmas Sale. Come in and Mangle With the Crowd."
- A Texas jewelry store: "Diamond Tiaras -- \$70,000, Three for \$200,000".
- A reducing salon: "24 Shaping Days until Christmas."
- In a stationery store: "For the Man Who Has everything... a Calendar to Remind Him When Payments Are Due."

Buying A Computer For Christmas?

By Floyd Bailey

Often the thought of buying a computer brings a throng of scary emotions to a person's soul. When Christmas is in full swing and the deals are as sweet as the proverbial "sugar plum" it can be downright confusing. The purpose of this short article is to help you find what you need and then educate you in the essentials.

Q. First of all, where do I go?

A. Of course you have the option of the local retailer to buy brand name systems. One thing to consider is the support methods of these retailers. Often you could be referred to the manufacturer if you have a system problem. This can be a nightmare. Some retailers will offer you a warranty through their store (for a small price!). But please be aware that you are paying for double warranty.

There is also the option of using a local computer builder. This option gives you a local face with the system for questions and repairs. However, you should always remember that longevity could be an issue. Your warranty is always rooted in the manufacturer of the parts inside the computer and is supported by the builder.

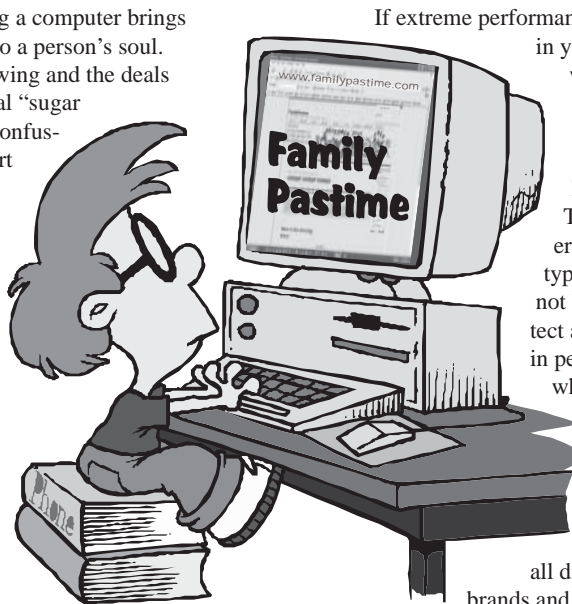
Buying online is also an option. It may give you a headache when you call support and find out that someone who does not understand or speak English very well is supporting you. Indonesia is the usual support location for the big name computers.

Q. What does my computer need as far as hardware?

This question will be answered in a very simple platform to help you get the best for your money.

The Processor: Pentium 4 processors are top of the line by Intel. Celeron processors fall into Intel's value line.

If you want value pricing, go with the Celeron.



If extreme performance gaming is in your future go with the Pentium 4. The only other Processor line is AMD. There are several different types. You will not be able to detect any difference in performance what ever you choose.

The Memory: Memory comes in all different types, brands and speeds.

However, the only thing most consumers look for is "How much!" "RAM" is the acronym used to describe memory (Ready Access Memory). Most systems today come with 256 megabytes

of RAM. Some have 512. Never buy a system today with less than 256, and always get as much as you can afford. You will be glad you did. Never choose based on how much you think you will use... remember the computer is using it too.

The Drives: DVD burners and or CDRW/DVD combo drives are the standard. Make sure that if you want to burn movies that you have a DVD burner. If not a CDRW should suffice.

The Price: Computers range in price from \$499 (pieces of throwaway technology) to \$2500 (everything but the kitchen sink). Software often makes all the difference between a \$900 system and a \$1500 system. Microsoft Windows XP home is great for home or small office use. Get XP Professional if you need to be a part of a network. Office suites range in price from \$300 to \$700. This is the software with WORD, EXCEL, POWERPOINT and OUTLOOK. Be careful because most system sold today only have a trial version of the software installed, thus saving you big bucks today and costing you big bucks tomorrow. FPT

Eight Tips for Hiding Gifts from Kids

FeatureSource

The average American family spends over \$1,000 a year on gifts. That's quite a few gifts, and quite a few secrets to keep under wraps. Once you've tackled the challenge of finding the perfect gift, don't let sneaky snoopers spoil the secret!

According to Vicki Lansky, author of Practical Parenting Tips (Meadowbrook Press), "It helps to be creative, if not downright crafty, when it comes to hiding all those packages at gift-giving time." Lansky recommends wrapping gifts ahead of time, but points out that, "The biggest problem of pre-wrapping is remembering what you've wrapped."

The name of the game during the holiday season is to hide gifts in a spot where your

kids won't think to look. Whether you pre-wrap or not, here are some hints for where to stash gifts so they won't be found:

1. Stash gifts in large trash bags in the attic, basement, or under your bed.
2. Put them in the garage under blankets or in trash bags.
3. Hide presents in seldom opened cabinets such as a wet bar.
4. Linen closets are a great hiding spot.
5. Store gifts in the trunk of your car.
6. Use your neighbor's basement or garage.
7. Hide things in your desk drawers.
8. Stash gifts away with summer gear like camping equipment or beach toys. FPT



MUST BE SANTA

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Dun Che Lao Ren	Shengdan Laoren	Julinisse	Julemanden	Sinter Claus
Joulupukki	Pere Noel	le Petit Noel	Kriss Kringle	Weihnachtsmann
Sankt Nikolaus	Kanakaloka	De Kerstman	Mikulas	La Befana
Babbo Natale	Santa Kurohsu	Hoteiosho	Kaledu Senelis	Kerstman
Julenissen	Pa Norsk	Swiety Mikolaj	Basbouschka	Ded Moroz
Julinisse	Sinte Klaas	Christkindle	Papa Noel	Jultomten
Tomten	Christkindl	Santa	Santa Claus	Saint Nick
Father Christmas				

Christmas Ho, Ho, Hos

Why does Santa always go down the chimney? Because it soots him!

Where does Santa stay when he's on holidays? At a Ho-ho-tel! (Or Holiday Inn)

What does one sing to Frosty the Snowman on his birthday? "Freeze a jolly good fellow!"

An honest politician, a kind lawyer and Santa Claus were walking down the street and saw a \$20 bill. Which one picked it up?? Santa! The other two don't exist!

What do you do if Santa Claus gets stuck in your chimney? Pour Santa flush on him!

What does Santa say to the toys on Christmas Eve? Okay everyone, sack time!

Why does Santa like to work in his garden? Because he likes to hoe, hoe, hoe!

What do you call a kitty on the beach on Christmas morning? Sandy Claws!

What do you get if Santa comes down the chimney while the fire is still burning? Crisp Kringle!

What do you call Santa when he has no money? Saint "Nickel"-less!

What smells most in a chimney? Santa's nose!

What do you call someone who doesn't believe in Santa Claus? A rebel without a Claus!

Why does Santa take presents to children around the world? Because the presents won't take themselves!

How do we know Santa is such a good race car driver?

Because he's always in the pole position!

What's red & white and red & white and red & white? Santa rolling down a hill!

What did Santa say to Mrs. Claus when he looked out the window? Looks like "rain", "Dear"!

What kind of motorcycle does Santa ride? A "Holly" Davidson!

Quick Tree Facts

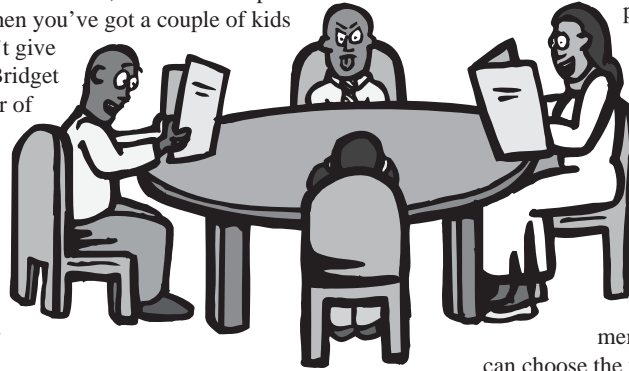
- There are approximately 25 - 30 million Real Christmas Trees sold in the U.S. every year.
- Approximately 330,000 Real Christmas Trees are sold via e-commerce or catalogue and shipped mail-order.
- North-American Real Christmas Trees are grown in all 50 states and Canada. Eighty percent (80%) of artificial trees are manufactured in China.
- Real Trees are a renewable, recyclable resource. Artificial trees contain non-biodegradable plastics and possible metal toxins such as lead.
- Consumers can locate the nearest recycling program by logging onto www.realchristmastrees.org or calling 1-800-CLEANUP.
- For every Real Christmas Tree harvested, up to 3 seedlings are planted in its place the following spring.
- There are about 500,000 acres in production for growing Christmas Trees in the U.S. Each acre provides the daily oxygen requirements of 18 people.
- There are about 21,000 Christmas Tree growers in the U.S., and over 100,000 people employed full or part-time in the industry.
- It can take as many as 15 years to grow a tree of average retail sale height (6 - 7 feet) or as little as 4 years, but the average growing time is 7 years.
- The top Christmas Tree producing states are Oregon, North Carolina, Michigan, Pennsylvania, Wisconsin and Michigan.
- The top selling Christmas Trees are: balsam fir, Douglas fir, Fraser fir, noble fir, Scotch pine, Virginia pine, and white pine. FPT

Compiled from: USDA Ag Stats Service, National Christmas Tree Association and your local Christmas Tree professional.

Seven Tips for Eating Out with Kids

By Carla Beuning (FeatureSource)

Ah...those good old days. Before you had kids, you could eat out just about any time you wanted. There were no worries about wait times and kid-friendly menu choices. Yes, it is more complicated to eat out when you've got a couple of kids in tow, but don't give up altogether. Bridget Swinney, author of "Healthy Food for Healthy Kids" (Meadowbrook Press) has advice for parents when it comes to dining out.



"Getting your children used to eating out at an early age gives you an opportunity to teach manners for eating out as well as a chance to introduce new and unusual foods," says Swinney. To make your dining experience the best it can be, follow these tips.

1. Make sure your child is not overly hungry. Children have a very low tolerance for waiting when they're hungry, which means waiting for a table and food will not be an enjoyable experience. Since eating out is often a spur-of-the-moment idea, usually little or no time is available to plan ahead. So grab an apple, some animal crackers or pretzels for your child to snack on before you head out the door.
2. If the outing is planned, make sure your child is well rested. If the family has been running nonstop all day, you can be sure that your child won't be her usual angelic self if you choose to go out to eat that evening!
3. Choose a restaurant that has some diversion for children (or bring your own). Most restaurants have crayons and an outline to color, toys or a table with beads. If your child is not overly interested in this sort of entertainment, bring your own. Things that are useful include books (Family Pastime Magazine), small cars, small stuffed animals and action figures for pretend play. Packets of sugar can be used to make a picture or stack. A handful of straws can be used for a game of pick-up sticks.

4. If your child is unlikely to make a meal from items on the menu, bring some of your own food. Restaurants usually don't mind and completely understand that children have special needs, especially babies and picky eaters.
5. Decide on your philosophy about eating out before you leave home. Many restaurants have kids' menus from which you can choose the usual burger, grilled cheese or hot dog. If you'd like to encourage your child to try new items, offer only a few new choices from the menu and leave out the fact that they could order a burger or hot dog.

6. If your child is in the "terrific twos" stage, this is probably the toughest time to go out. You will spend most of the evening chasing her and trying to get her to sit down. For this age group, stick to a kid-oriented place like Chuck-E-Cheese or get a babysitter!

7. If your child is a light eater and not too picky, order her a side dish or let her eat part of the food on your own plate. This will save money and aggravation.

"There's no reason that children should keep you from experiencing new restaurants," says Swinney. FPT

Editor's Corner

It's "the most wonderful time of the year!" What can we say but we wish you and yours the absolute best Holiday Season EVER! Thank you for helping Family Pastime Magazine get off the ground in 2005. We have lots of plans for more family fun and togetherness in 2006 and we hope you will be with us for the ride. If you have any suggestions please feel free to call or write or send us e-mail. This publication is for you and your family. May peace be with you.

ONLINE Favorite
Type of
Restaurant POLL

Results:

1st Place:

Chinese

Tied for 2nd

Mexican & Pizza

3rd place:

Seafood

4th place:

Family

5th place:

Indian

Tied for 6th:

Fast Food & Thai

Check out

familypastime.com

today for another poll
and fun contests!

SUDOKU

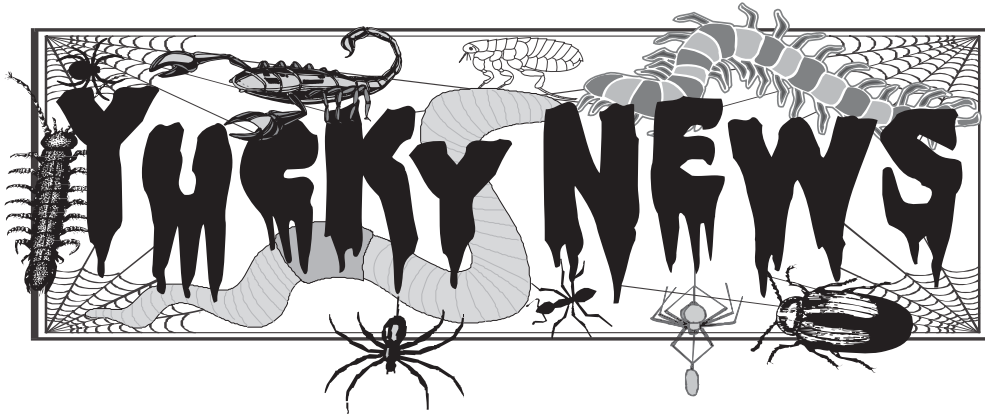
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	3	2	5				8	7
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7	8				4	3		
9		3		1	6		4	
		4	3		8			6

Sudoku Instructions:

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

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A BEETLE WITH A BOMB IN ITS BELLY

B. THOMPSON

We have some pretty intriguing creatures living around us today. Take, for example, the bombardier beetle. It's pretty small (usually less than two

inches long), but it really packs a wallop. Inside its body, it has tiny glands that secrete two chemicals into a "storage tank" (known as a "collecting vesicle"). Those chemicals are hydrogen peroxide (yes, the same stuff your mom puts on your skinned

knee) and hydroquinones (hi-dr?-kwi-n?ns). When the beetle feels threatened, it squeezes muscles that send the chemical mixture into a special "explosion chamber." Attached to that chamber are special "knobs" called "ectodermal glands" that squirt two enzymes into the chamber. Once the chemicals enter the explosion chamber, a tiny muscle called a "sphincter" prevents them from re-entering the storage tank. (Interesting, isn't it, how many big words it takes to describe such a tiny beetle?!) This mixture undergoes a chain of



chemical reactions that produces an extremely irritating chemical called quinone (kwi-n?n). These reactions release a lot of heat, and the temperature of the solution reaches the boiling point (100°C or 212°F) in just a couple of seconds. Some of the water produced by the reactions vaporizes into steam. The steam and oxygen together exert a lot of pressure on the walls of the explosion

chamber, but the little sphincter muscle won't allow anything to go back into the collecting vesicle. So, there's only one place for the mixture to go—outward! And that is exactly what happens. The mixture is blasted from the little beetle's tail end with bull's-eye accuracy that allows the "bomb" to hit a hungry ant or frog. WHAT?! A beetle with a built-in launcher that shoots boiling chemicals into the face of its enemy—and does it from its tail end without even looking? Sounds Yucky to Me! FPT

Q: What do you get when cross the Beatles and the Rolling Stones?

A: Squashed bugs!

Q: What do you get when you cross a rabbit and an insect?

A: Bugs Bunny!

Q: What is the best kind of computer bug?

A: Spiders . . . they make the best "web" sites.

Q: What do two termites say when they see a house on fire?

A: Barbecue tonight??

Christmas Tree Folklore & Facts

- **1510**, the first decorated Christmas Tree is in Riga, Latvia. Early Christmas Trees are decorated with paper, fruits and sweets.
- **1531**, the first retail Christmas tree lots are started in German cities.
- **By the 1600's**, Christmas Trees are decorated with ribbon, tin shapes, small books and lace as well as food.
- **18th century**, the first recorded Christmas tree decorated with lit candles.
- **1777**, the tradition of the Christmas tree is brought to Colonial America by Hessian troops fighting for Britain in the Revolution War.
- **1804**, U.S. soldiers stationed at Fort Dearborn (now Chicago) bring evergreen trees into their barracks at Christmas.
- **1842**, Charles Minnegrode introduces the custom of a decorated Christmas tree in Williamsburg, Va.
- **1851**, Mark Carr opens a retail Christmas Tree lot in New York City, the first in the United States.
- **1856**, Franklin Pierce, our 14th President, brings the first Christmas Tree into the White House.
- **1923**, President Calvin Coolidge starts the National Christmas Tree Lighting Ceremony now held every year on the White house lawn.
- **1966**, members of the National Christmas tree Association start the tradition of presenting a Real Christmas Tree each year to the President and First Family. FPT

Source: National Christmas Tree Association and your local Christmas Tree professional.

My Eragon Fantasy Trip

By: Spencer Bailey

One day I was walking down a book aisle, for young readers, in my local library in Gray, Tennessee. I stopped when I noticed a book with a blue dragon on it with the title *Eragon* by Christopher Paolini. I picked it up, read the back, and then checked it out from the library because I thought it looked like a good fantasy book. I read a few chapters and absolutely loved it. It had all that I, a major fantasy lover, wanted and loved in a book: Magic, Dragons, Dwarves, Elves, Sword and Magic Duels, and an evil king that wanted power, riches and revenge.

Soon I had to return it to the library so I bought my own copy and finished it. I loved *Eragon*, which is the first book in the *Inheritance Trilogy*. I began to learn more about the author. Christopher Paolini, graduated from high school at age fifteen, so instead of going off to college at such a young age, he decided to write his own book. His family then self-published the book, and after some time the publishing house KNOPH picked *Eragon* up and published it again. Immediately *Eragon* was on the New York Times Bestsellers List and it stayed there for eighty-one weeks, *Eragon* sold 1.8 million copies in North America alone. *Eragon* became a big hit. Then I thought; if he could write a book that good, at age fifteen, I might be able to write a book at age eleven. I am now twelve-years-old and in the third chapter of my book (it's harder than you might think). I had my brother take my first chapter to his High School English teacher to edit. I received it back in the beginning of November with corrections, comments and all that stuff. I will be sending off the second chapter of my book, hopefully by the beginning of December. I am hoping to have all my chapters finished and edited by summer 2006. You can pretty much say *Eragon* inspired me to be a writer. Just recently, in August, the second book in the *Inheritance Trilogy* came out. It is called *Eldest* and was, of course, a number one best seller. It also knocked the latest



Harry Potter book, *Harry Potter and the Half-blood Prince*, off the best-selling list on Amazon.com. *Eragon* (the main character) in the *Eldest* continues to fight the evil king Galbatorix, with his dragon Sapphire. In the end of *Eldest*, *Eragon* finds out who some of his relatives are and meets the deadly red dragon, featured on the cover. Because, I fell in love with *Eragon* I decided to write the author, Christopher Paolini. A couple of weeks after I mailed the letter, I unexpectedly received a return letter from the publishing house KNOPH. Well I opened it, you probably can imagine how excited I was, and it was a personal letter from my favorite author, Christopher Paolini. It started out with, (Dear Spencer, of course, but then) "Yes, I did read your letters. Thank you for taking time to share your thoughts with me..." He had signed the letter himself; he had answered my questions, and encouraged me to continue my writing career, and he also gave me tons of tips. I immediately wrote him back and I am now waiting for a reply. FOX 2000 have just recently bought the rights to *Eragon* and are now filming the movie in Budapest, Hungary, starring Jeremy Irons, Djimon Hounsou, John Malkovich, and Ed Speleers as Eragon. The release date for *Eragon*, the movie, was June of 2006, but had to be delayed to December 15, 2006. Paolini says that he will start writing the last book in the *Inheritance Trilogy* when he has finished his book tour, for *Eldest*. Paolini currently is living in New York City and will start the third book at the beginning of 2006. FPT

Celebrate New Year's at Home with Fun Family Traditions

FeatureSource

New Year's Eve doesn't have to be a night on the town. Spare the hassle of finding a baby-sitter and spend time at home with the kids and these New Year ideas from Cynthia MacGregor's book "Fun Family Traditions" (Meadowbrook Press).

- Instead of making resolutions, have each family member decide on one bad habit they'd like to break. Write the habits on pieces of paper and take turns throwing the paper into the fireplace.
- Let each family member make predictions about what they think will happen in the New Year. Write them down and save them to read next year.
- Make plans for the New Year by letting family members talk about the things they'd like to do in the coming months. This is a great time to talk about where everyone would like to go for vacation, what activities they'd like to participate in, or any big changes they'd like to see...like maybe getting a dog!
- Keep expenses down and have the party at home. Have a special meal and favorite videos or music. Let the kids stay up as late as they want and provide some noisemakers! Reminisce on all the fun you've had, or reflect on the changes and how your family has grown.

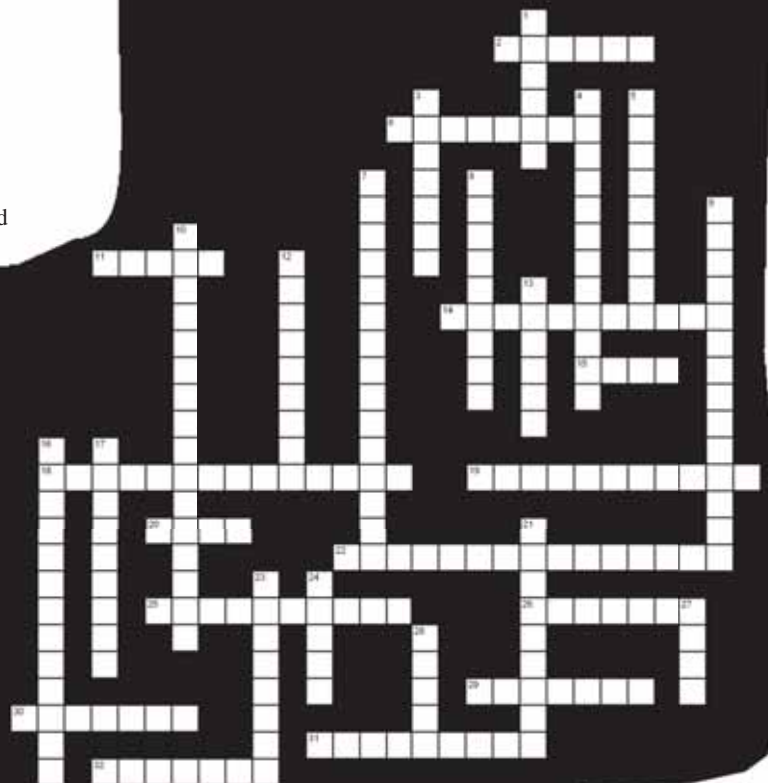
"Fun Family Traditions" is packed with fun activities designed to strengthen families and help instill feelings of love, belonging, and family pride in all family members. It can be found in bookstores everywhere. FPT

Across

2. Candle holder used in the celebration of Kwanzaa.
 6. They pull Santa's sleigh.
 11. Plant oil with a very strong sweet smell
 14. ...Batman smells, Robin laid an egg.
 15. Tops the tree.
 18. Your boughs can teach a lesson
 19. The Mexicans in the eighteenth century thought the plants were symbolic of the Star of Bethlehem.
 20. A gift fit for a King.
 22. We sing these at Christmas time
 25. His belly shakes like a bowl full of jelly.
 26. Four-sided top used for play during Hanukkah.
 29. An African-American and Pan-African holiday celebrated by millions throughout the world African community.
 30. One of Santa's reindeer, which in German means, "lightening".
 31. Kiss me under this.
 32. They used to laugh and call him names.

Down

1. Silvery decoration hung on a tree
 3. A special 9-branched candelabra
 4. A resin, which burns with a beautiful smell
 5. Traditional holiday food that we don't think anyone REALLY eats.
 7. All I want for Christmas is...
 8. He's a bad banana with a greasy black peel
 9. We send these to friends and family
 10. He said, "Let's run and we'll have some fun now before I melt away."
 12. They are hung by the fire with care.
 13. Christmas drink made with a dairy product
 16. Deck the halls with this.
 17. Roast them on an open fire.
 21. A ginger bread man might use this to walk if he had a hurt leg.
 23. The Festival of Lights



Down

24. They make the toys.
 27. Santa checks it twice.
 28. Sits on top of your tree

Look in next month's issue for the answers.

Ashley Gives Thanks

Continued from page 1

the pilgrims would often eat in the dark so that they would not have to look at their food. Apparently they had a problem with maggots back then and if you didn't have to see them they were much more palatable. Then she offered me some biscuits. Uh.... I had to know if they tried to reproduce the entire



experience and if so should I turn out the lights before accepting a biscuit. She assured me that some of the parts of the original feast are better left in the past. In addition to studying the cultures of the past the students also receive manners, etiquette and social skills training and are graded on this as well. I must say this was the most polite gathering of Native



Americans and Pilgrims with whom this reporter has ever broken bread. Ms. Holley went on to say it gives the students an opportunity to think about the things they are thankful for and personally is an excellent way to start her holiday season. As part of the unit the students recently visited the Doak House museum at Tusculum College and discovered just how thankful they are for pencils and gained an appreciation for the time in history in which they were born. This year was Ms. Heather's first year participating in the feast. She said she learned much and feels the experience is a fun way for students to study their respective units.

Every year after the feast each class supplies entertainment for the gathering. This year the pilgrims each did a reading including what they are thankful for. The Native Americans re-created an authentic corn dance originally created to bless the seeds before planting. I must say I think the corn dance worked because shortly after seeing it I was able to write many jokes for the holiday "ho, ho, hos". FPT






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Kid Friendly Recipes



In discussions with my parent friends it seems that getting children to eat somewhat healthy food is a universal struggle. To help alleviate this situation Family Pastime has searched the globe for recipes that make meal time a bit more palatable for our children. Try out these recipes and be sure to give us feedback on our web site www.familypastime.com or if you have a recipe you would like to share you may submit it to: recipes@familypastime.com or mail it to Family Pastime P.O. Box 3161 Johnson City, TN 37601. Bon Appétit!

Sloppy Joe Spaghetti Cups Recipe

- 8 ounces spaghetti, uncooked, broken in half
- Vegetable cooking spray
- 1 egg, lightly beaten
- 1/2 cup fat-free sour cream
- 3/4 cup grated fat-free sharp cheddar cheese
- 1/4 teaspoon salt
- 3/4 pound lean ground beef
- 1 package (1.31 oz) Sloppy Joe seasoning mix
- 1 can (6 oz size) tomato paste
- 1 cup water

HOW TO:

Spray a 12-cup muffin tin with cooking spray; set aside.

Preheat oven to 350 degrees F.

Break spaghetti in half and cook according to package directions.

While pasta is cooking, mix together egg, sour cream and 1/2 cup cheese. When spaghetti is cooked al dente, drain and rinse under cold water until completely cool. Drain completely. Transfer back to cooking pot. Add sour cream mixture to the spaghetti and toss until well mixed. Set aside.

Cook beef in skillet until browned. Drain well and pat beef dry with paper towels. Return beef to skillet; add seasoning mix, tomato paste and water. Mix well. Cook over medium heat 10 minutes, stirring frequently. Set aside.

Divide spaghetti mixture evenly among muffin cups (about 1/4 cup spaghetti each). Press spaghetti firmly into cups with back of spoon. Spoon beef mixture into center of each cup (about 1-1/2 tablespoons each), dividing evenly among cups. Top each with 1 teaspoon cheese.

Bake until firm and heated through, about 20 minutes. Let stand 8 to 10 minutes. Loosen edges with a knife and remove from muffin cups. Serve immediately.

Cheesy Chicken

2 pounds boneless, skinless chicken breasts

2 cans condensed cream of chicken soup

1 can condensed cheddar cheese soup

1/4-teaspoon garlic powder

Place chicken breasts in the crockpot. Mix soups (straight from the can--no water) together with the garlic powder and pour over chicken. Cover and cook on low 6 to 8 hours, until chicken is tender. Serve with the delicious sauce over rice or noodles.

Macaroni and Cheese "Pizza" Bake

1 box macaroni and cheese mix

2 cups bread crumbs, cubed

1 cup shredded cheese

How to:

Prepare macaroni and cheese according to directions.

Preheat oven to 350 F.

Spread prepared macaroni and cheese on a well-greased cookie sheet. Top with the bread crumbs and then the shredded cheese, distributed evenly. Bake until crispy, about 15 minutes.

Allow to cool slightly and cut into "Pizza slices"

What do you call Saint Nick after he has come down the chimney?
Cinder Claus!

What nationality is Santa Claus?
North Polish!

Left over Turkey Barbecue

Left over Turkey

Favorite flavor barbecue sauce

How To:

Cut turkey into small pieces (1/2 inch)

Heat frying pan with a little oil

Put turkey in frying pan

Add barbecue sauce to moisten

Cook until hot stirring often to break apart turkey pieces.

Serve alone or on buns or bread.

Why does Santa owe everything to the elves?
Because he is an elf-made man!

What goes oh, oh, oh?
Santa Claus walking backwards!

What would you call Santa Claus if he became a detective? Santa Clues!

Who delivers Christmas presents to pets?
Santa Paws

Who delivers cat's Christmas presents?
Santa "Claws"!

Why was Santa's little helper depressed?
Because he had low elf esteem!

Where do you find reindeer?
It depends on where you leave them!

What do Santa's elves learn in the North Pole school? The Elfabet

What do snowmen eat for breakfast?
Snowflakes.

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

CONTEST ✨ CONTEST ✨ CONTEST

Family Pastime Magazine and Cow & Coffee have teamed up to put together a wonderful **PRIZE PACKAGE**. Use it as several family fun outings, get a baby sitter and use it as a Parent's Night out, double date, or mix and match. Here's what the package includes:

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| <p>1. A movie night out for 4 including:</p> <ul style="list-style-type: none"> • 4 movie passes • 4 espresso drinks • 4 desserts of your choice | <p>2. Lunch for 4 including:</p> <ul style="list-style-type: none"> • 4 lunch entrée's of your choice • 4 Drinks • 4 bags of chips |
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RULES: This contest is for caregivers (parents, grandparents, aunts uncles babysitters etc.). To enter send in your best *"We don't put the cat in our mouth"* words of wisdom (Visit our website www.familypastime.com and click on the "contest button for more information). These are "words of wisdom" that should never have to be said but as a caregiver you have found yourself saying them.

Enter as many as you like. Include a description of the circumstances around which you had to utter these *"words of wisdom"* (location, children's age, circumstances, outcome, or anything else you would like to contribute about the events). Entries will be judged on such things as, originality, outrageousness, humor, creativeness, and of course overall wisdom. Enter online by going to www.familypastime.com and clicking on the "contest" button near the top of the page or mail your entries to: Family Pastime Magazine Cat in Mouth Contest, P.O. Box 3161 Johnson City, TN 37602-3161.

Deadline is December 20, 2005 the winner will be announced in the January 2006 issue of Family Pastime Magazine and online. All entries become property of Family Pastime Magazine. Decision of judges is final. Family Pastime Magazine employees, and contest sponsor employees and their families are not eligible. Family Pastime Magazine cannot be held responsible for lost or misdirected entries.

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Needle through a Balloon

Have you ever seen someone pop a balloon with a needle? Is it possible to stick a needle through a balloon without popping it?

Supplies

- Balloons
- Long wooden or metal skewers
- Petroleum jelly
- A sharp pin
- Cellophane tape

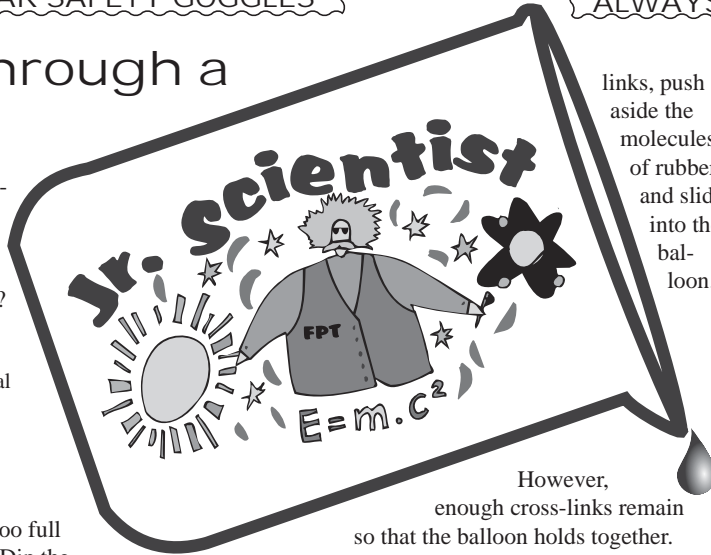
Blow up a balloon – not too full – and tie the opening shut. Dip the tip of a skewer in petroleum jelly and spread the petroleum jelly along the entire length of the skewer. If you are careful, you should be able to push the skewer all the way through the balloon without popping it. Insert the skewer with a gentle twisting motion into the end of the balloon opposite the knot. Continue pushing and twisting the skewer until the tip emerges from the other end, near the knot. Why doesn't the balloon pop?

Now try to stick the skewer into the side of the balloon. What happens?

The rubber in the balloon consists of many long molecules that are linked together. It's similar to the way all of the noodles in a plate of spaghetti stick together. These long molecules are called polymers; when molecules of a polymer are chemically attached to each other, it is called cross-linking. These links hold the polymer molecules together and allow them to stretch...up to a point. When the force or tension pulling on the cross-links is too great, they will break, and the polymer will pull apart.

Look at the rubber near the ends of the balloon where you first inserted the skewer. Does it look lighter or darker than the rubber in the rest of the balloon?

The rubber at the ends of the balloon is stretched out less than in the middle of the balloon. Therefore, there is less force pulling on it. This allows the tip of the skewer to break some polymer cross-



links, push aside the molecules of rubber, and slide into the balloon.

However, enough cross-links remain so that the balloon holds together.

In the side of the balloon, there are fewer polymer molecules. When you push the tip of the skewer through the rubber in the side of the balloon and the skewer breaks a few of the cross-links, the tension on the remaining cross-links is too great, and the balloon pops.

Do you think there is a way to stick a sharp pin through the side of a balloon without popping it?

Put a small piece of cellophane tape on the side of the balloon and press it down well. Now take the pin and press it through the tape and into the balloon. Does the balloon pop?

The tape sticks to the rubber in the balloon and will not allow the rubber to stretch to the breaking point when the pin pierces the balloon. In other words, the tape reinforces the cross links, and the balloon stays together. FPT

Christmas is when you exchange hellos with strangers and good buys with friends.

What do monkeys sing at Christmas ?
Jungle Bells, Jungle bells.. !

What did the bald man say when he got a comb for Christmas ?
Thanks, I'll never part with it !

Family Specials at Local Restaurants

Applebee's – 2100 N. Roan Street, Johnson City Wednesday - \$.99 Kid's Meal (12 and under)

Fuddrucker's – 2519 Knob Creek Road, Johnson City Monday – Wednesday Kids Eat Free After 4:00 p.m. (1 child with each adult)

O'Charley's – 112 Broyles Drive, Johnson City 1920 N. Eastman Road, Kingsport 3173 Linden Drive, Bristol Kids Eat Free Every Day – (2 children with each adult)

Pizza Hut – Local Areas Tuesday – Family Feast Specials

Pizza Inn- Johnson City and Elizabethton Buffet based on children's age. \$.35 x age (up to age 10) for instance: 1-year-old only costs \$.35, 2-year-old \$.70 etc.)

If you know of a family special at a local business send the info to editor@familypastime.com so we can add it to next month's list. FPT

(1) Beard missing, (2) Shoes different, (3) Light switch missing, (4) Dog andlers missing, (5) Fire in fireplace missing, (6) Santa Hat other direction, (7) Stocking switch sides, (8) Stock- ings switch directions, (9) Plate next to fireplace facing other direction, (10) Dancing Santa on floor missing, (11) Doll with book moved Rein- deer missing, (12) Poinsetta missing, (13) Dog moved, (14) Bag with bear moved, (15) Bears on hearth switched places, (16) Star on tree missing, (17) "Merry Christmas" changed, (18) Bear in bag changed, (19) Bag with bear moved, (20) Reindeer on floor turned, (21) pictures on 2 different pages.



10 "Quick" Tips on Selecting a Tree at a Christmas Tree Lot

- 1 Be sure you know what size (height and width) you need before heading to the Christmas tree lot.
- 2 If you want the same species you know or have always used, great. If you want to try a different species, browse the NCTA website www.realchristmastrees.org to become familiar with the species popular in your area before heading to the lot.
- 3 Go to a Christmas tree lot that is well-lit and stores trees in a shaded area.
- 4 Often, a tree obtained soon after its arrival on the lot will be very fresh because it was cut recently. Consumers should ask the retailer when he/she gets the trees: are they delivered once at the beginning of the season, or does he/she obtain several shipments during the season.
- 5 Do a freshness test on the trees. Green needles on fresh trees break crisply when bent sharply with the fingers -- much like a fresh carrot.
- 6 Pines have different indicators because of the fibrous nature of their needles compared to firs. The needles on fresh pines do NOT break, unless they are very dry.
- 7 Look for other indicators of dryness or deterioration: excessive needle loss, discolored foliage, musty odor, needle pliability, and wrinkled bark. *A good rule-of-thumb is*, when in doubt about the freshness of a tree, select another one. If none of the trees on the lot look fresh, go to another lot.
- 8 Some species simply last longer and remain fresh much longer than others. Ask your retailer which tree performs best in your climate.
- 9 Ask the retailer about recycling Christmas Trees in your community.
- 10 Involve the whole family in the selecting and plan fun things for everyone to do during the trip. FPT

Tips On Selecting a Real Tree at a Choose Your Own Farm

Remember, the Christmas trees purchased from local Christmas tree farms are as fresh as a Christmas tree can ever be.

EVALUATE YOUR NEEDS BEFORE DEPARTING FOR THE FARM!

1 Measure the ceiling height in the room where the tree will be displayed. The trees in the field look small when the sky is the ceiling. Don't overbuy.

2 Measure the width of the area of the room where the tree will be displayed. Most trees on tree farms are trimmed to an 80% taper. So a tree that's 10' tall will be 8' wide. A tree that will fit in the room vertically may be entirely too big horizontally.

3 Are there any individuals in the household who are allergic to pine; if so, consider another species such as Leyland, Sapphire, etc.

4 What decorating theme will be used? Ask the farm operator which species is best suited to your needs. For example, some species are better at holding heavy ornaments and decorations.

WHAT YOU SHOULD EXPECT WHEN YOU ARRIVE AT THE FARM

1 Most tree farms keep their fields very well groomed, but there are some things that are beyond the farmer's control. Be careful of fire ant mounds, tree stumps, an occasional blackberry vine, uneven ground and sharp saws.

2 Go to the farm prepared for a day in the country. Wear comfortable shoes and old clothes. Bring rain gear if the weather is threatening. The "cutter downers" and the "loader uppers" should also have gloves. **DON'T FORGET THE CAMERA.** It's best to NOT bring the dog.

3 The farm operator usually provides saws.

4 Some farms measure and price their trees individually, other sell them by the foot.

5 Head in to the field and select the tree that fits your predetermined needs. Check the trunk to be sure that it is sufficiently straight. Keep in mind that pines will usually have, at least, some crook in their trunks.

6 In the fall of the year ALL pines drop, or shed, a certain portion of their oldest needles. This is a normal part of the life cycle of the tree. This phenomenon occurs because the tree is preparing itself for winter. Most farms provide shaking, or blowing, services so that you will depart with a perfectly clean pine.

7 Cutting the tree is easiest as a two-person project. The "cutter downer" usually lies on the ground. While the helper holds the bottom limbs up. At

this the point, be especially careful of ants. While the cut is being made, the helper should tug on the tree lightly to ensure that the saw kerf remains open so that the saw does not bind. The tugging force should be applied to the side of the tree opposite the cut.

8 Bring the tree to the processing area where it will be cleaned and netted. Netting makes transporting and handling the tree substantially easier.

9 When you are checking out, remember to pick up a tree removal bag. It can be used as a tree skirt and then pulled up around the tree to help keep the floors clean when the tree is being taken down. Now you're ready to load the tree and head home to decorate your Real Christmas Tree. FPT





Fun Family Events DECEMBER

Send information on your upcoming events to: events@familypastime.com or **Family Pastime** P.O. Box 3161 Johnson City, TN 37602

Dec 1
Library
10:00 AM 2's Company Native American Tales (Weekly Theme)
11:00 AM & 3:30 PM Preschool Storytime Native American Tales (Weekly Theme)
4:00 PM - 2nd - 5th Grade Meet Dewey - Constellations

Dec 2
Library
10:00 AM 2's Company
11:00 AM Preschool Storytime

Breakfast With Santa, Fairmont 9:00 a.m.(Pre-K & K)

Dec 3
Library
1:00 PM 2's Company
2:00 PM Preschool Storytime

Enjoy Storytelling, Santa and his elves plus many famous character's such as Pooh, Tigger, Mickey, Minnie, plus many others at the Johnson County Welcome Center, before the parade. Have your picture made with Santa. Contact the Johnson County Welcome Center at 423-727-5800

Johnson County Annual Chamber of Commerce Christmas Parade
For more information call the Johnson County Chamber of Commerce or any Director at 423-727-1700

Visions of Christmas : 1859 - Join the Haynes family as they celebrate an antebellum Christmas from 2-7 p.m. Holiday music, refreshments, & activities in museum for children. Admission \$5 for adults and \$2.50 for children 12 and under. Tipton-Haynes 423-926-3631

Holiday Model Train Workshop 2 - Join members of the Mountain Empire Model Rail Roaders (MEMRR) on Saturday, December 3 from 1:00 - 4:00 p.m. to learn how to make & paint rocks, making choices about wheels & couplers, & how to weather rolling stock. Special tours of the MEMRR layout. Allow 1-2 hours to participate in repeating activities. Suggested donation of \$3 per adult and \$2 for children 12 & under. Tipton-Haynes 423-926-3631

Dec 4
Winterfest Christmas Tree Exhibit and Art Show Sycamore Shoals State Opening Reception, 1:30 pm and then all month Mon-Sat 8 am - 4:30 pm
Sundays 1- 4:30 pm
Wear Brown Shoes Day

Dec 5
Library
6:30 PM Christmas Tree Lighting Story & Jonesborough Novelty Band
Bathtub Party Day
National Communicate With Your Kids Day

Dec 6
Library
4:00 PM K-1 Story Stretchers The Biggest Frog in Australia
6:30 PM TEENS Chocolate Fest
St. Nicholas Day

Dec 7
Library
10:00 AM 2's Company Holiday Stories (Weekly Theme)
11:00 AM Preschool Storytime Holiday Stories (Weekly Theme)
National Pearl Harbor Remembrance Day
National Cotton Candy Day

Dec 8
Library
10:00 AM 2's Company
11:00 AM & 3:30 PM Preschool Storytime
4:00 PM - 2nd - 5th Grade Story Stretchers Make a Greeting Card
Family Cinnamon Bread-Making Night, Woodland 5:30 p.m.
Bodhi Day

Dec 9
Library
10:00 AM 2's Company
11:00 AM Preschool Storytime

Christmas at the Carter Mansion 6 - 9 pm On the Broad St. Extension in Elizabethton
Admission is \$1.00/person, maximum \$2.00/family
Sycamore Shoals State Historic Area 423-543-5808 or The Carter Mansion 423-543-6140

Dec 10
Library
1:00 PM Bilingual (Spanish/English) Storytime with Señor Fernando De Sousa

Christmas Garrison at Fort Watauga Sycamore Shoals State Historic Area 423-543-5808
Saturday and Sunday, December 10 & 11 10 am - 4:30 pm

Holiday Model Train Workshop 3 - At this third workshop presented by members of the Mountain Empire Modular Rail Roaders (MEMRR) on Saturday, December 10 from 1:00 - 4:00 p.m., participants will learn about model railroad "kits" versus "ready to run," how to put mortar between the bricks on scale buildings, building kits, detailing & weathering, tracks of different codes, types; laying & ballasting, & painting figures. Enjoy a special tour of the MEMRR layout. Allow 1-2 hours to participate in repeating activities. Suggested donation of \$3 per adult & \$2 for children 12 & under. Tipton-Haynes 423-926-3631

Dec 11
Christmas Garrison at Fort Watauga Sycamore Shoals State Historic Area 423-543-5808 Saturday and Sunday, December 10 & 11 10 am - 4:30 pm

Rotary Tour of Homes: Visit some of the most beautiful and unusual homes in Johnson County. They'll be dressed to the nines and decorated for the holidays. All proceeds will benefit the Rotary Scholarship fund. Contact Joe Thacker at 423-727-9111 or the Johnson County Welcome Center at 727-5800

Dec 12

Library
6:30 PM Christmas Music Appalachian Express Chorus
Gingerbread House Day
Poinsettia Day

Dec 13
Library
4:00 PM School Age Children Christmas Crafts

6:30 - 8:00 PM Family Research Helpers
Cliché Day

Dec 14
Library
11:00 AM Preschool Storytime Christmas (Weekly Theme)
10:00 AM 2's Company Christmas (Weekly Theme)

Dec 15
Library
10:00 AM 2's Company
11:00 AM & 3:30 PM Preschool Storytime
4:00 PM - 2nd - 5th Grade Meet Dewey - Animals

Dec 16
Library
10:00 AM 2's Company
11:00 AM Preschool Storytime

National Chocolate-covered Anything Day

Dec 17
Library
1:00 PM 2's Company
2:00 PM Preschool Storytime

Dec 18
Library
Movie Theater @ Your Library 2:00 PM The Santa Clause

Dec 19
Library
6:00 PM Christmas Music Central Baptist Bell Choir
Grandparent's Day, Fairmont Lunch (4th & 5th)

Dec 20
Library
4:00 PM K-1 Story Stretchers Christmas in Australia
6:30 PM TEENS Gingerbread House Decorating

Dec 21
Library
10:00 AM 2's Company Christmas (Weekly Theme)
11:00 AM Preschool Storytime Christmas (Weekly Theme)
Humbug Day
Winter Solstice

Dec 22
Library
10:00 AM 2's Company
11:00 AM & 3:30 PM Preschool Storytime

Dec 23
Library
10:00 AM 2's Company
11:00 AM Preschool Storytime

Dec 24
LIBRARY CLOSED

Dec 25
CHRISTMAS
LIBRARY CLOSED
A'Phabet Day or No "L" Day

Dec 26
LIBRARY CLOSED
Kwanzaa Begins
Hanukkah/Chanukah
National Whiner's Day
National Candy Cane Day

Dec 27

Dec 28
National Chocolate Day

Dec 29

Dec 30

Dec 31
LIBRARY CLOSED
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Family Pastime Kid-toons

by kids for kids

This month's episode: "Veggie Wars ep. 4" Story and Illustrations by Spencer Bailey age 11, Johnson City, TN



"What are we
going to do
Master
Cucumber?
The Sith
Humans are
breaking in!"

"Young Broccoli,
I must go and
help the other
Veggi Jedis.
You must go
and fight
Darth Farmer!"

"Ah!!
Die
Darth
Farmer!"

"HA!
Get
back
you
Human
Scum!"

"YOUNG
BROCCOLI
I AM
YOUR
FARMER!!"

"NOO!!"

Draw Your Own Kid-toon.

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Family Pastime KID-TOONIST P.O. BOX 3161, JOHNSON CITY, TN 37602-3161

Traveling games:

Children love to open presents so before a long car trip visit the dollar store and purchase a bunch of small toys, gadgets and games and individually wrap them. every half hour or longer if you can mange it pull out a new gift for them to open. FPT

Guessing game

Have your children guess how high they can count before you pass a bus or see an airplane or a motorcycle

Penny Knock-Off

Put a penny on a magazine on the floor. Players take turns trying to knock the penny off the magazine with rolled up socks.

Dinner Is Right Around The Corner

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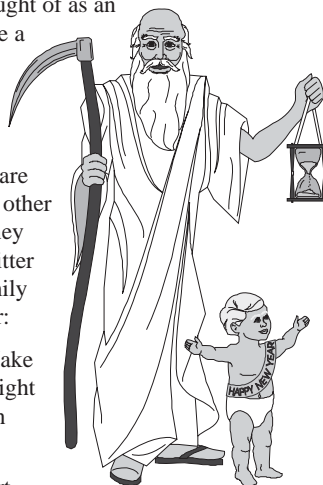


DOUBLE TAKE

Here's how "Double Take" works: On page 3 there is another picture very similar to this one except there are at least 20 differences. Your job is to find all of the differences. Somewhere in the magazine (if I didn't forget to put it there) there is a list of the differences so you can check your work. NO CHEATING!!!

Celebrate New Years Eve With Children

New Years eve is often thought of as an adult celebration but it can be a family event. Why get a sitter and go out on a dangerous driving night when you can make it a fun family tradition. At least until they are old enough to celebrate with other young people. Take the money you would have spent on a sitter and spend it on a special family night. Party ideas to consider:



- A special dinner. Make it fun like a pizza night or a make your own tacos night
- Plan a special dessert like sundaes or s'mores
- Have everyone dress up. You can buy or make fun hats, tiaras etc.
- You gotta have noise makers (bang pots

and pans together, stomp on bubble wrap, put a piece of tissue on a comb, buy noise makers or toy instruments at the dollar store)

- Music. You have to have fun party music
- Make resolutions or have each family member decide on a bad habit they want to break then write it on a piece of paper and burn it in the fireplace.
- Make and bury a time capsule. Maybe start a tradition of making opening the time capsule every year and looking at the items from years gone by before adding new items.
- Make puzzles or play board games
- Videos
- Watch midnight TV celebration

- Word game (most words out of letters in Happy New Year)
- Have your children invite friends over for a sleepover. The other parents will appreciate not having to hire a babysitter .
- Invite other families over for a sleep-over
- Have a special cider, sparkling grape juice or fruit punch toast at midnight in real (or plastic) champagne flutes.
- Let everyone stay up as late as they want or can.
- Take lots of pictures and video
- Make sure to have a special breakfast planned for New Years day
- **HAVE FUN WITH YOUR FAMILY**
FPT



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Family Goal Setting

By Dawn Cadwallader, DC, ND

The end of another great year is here. About this time each year, families and individuals begin to reflect on the past year's events. They start thinking of the things they want to accomplish in the coming year and the personal goals that they want to reach. Unfortunately, we call these goals, "New Year's Resolutions." According to Webster's Dictionary, to resolve means, "to change." To say that one is making resolutions automatically begins the process with a negative mind set. It is the equivalent of saying that he or she is presently living life incorrectly. What a pessimistic way to start the New Year!

Goal setting should be viewed as your commitment to work on yourself and to be the person you need to be in order to have the things you want in life. By visualizing the wonderful individual that you want to be and imagining the things you want to do and have, you are already on the right track. The next step is to write the goals down to make them a reality. Without putting them on paper, they remain mere thoughts.

Don't put off goal setting until January 1st. Why? According to Dr. Maxwell Maltz, author of *Psycho cybernetics*, it takes the mind ninety days to fully form and sculpt images that become your reality. This means that yearly goals need to be set by October 1st.

A huge mistake that families make in goal setting is that they believe that it is only the adults need to plan for what they want to accomplish in the New Year. What about the kids? It is so important for children to plan their aspirations, just like adults. Goal setting can set the foundation for your child to live a life of success.

A wonderfully positive way to plan for the following year is to have an annual Family Goal Setting Meeting, preferably some time in September. You and your family members can gather to make a difference for the following year. The only re-

quirements are that each person brings a notebook, a pen, and a positive attitude. Each person's goals should

include the 7 P'S:

- Purpose Statement
- Personal Goals
- Professional Goals
- People Goals
- Prosperity Goals
- Play Goals
- Planning, planning, planning

Purpose Statement-

This is a general mission statement for who you want to be what you want to accomplish for the New Year.

Personal Goals- These are your goals about you. They might include getting to a target weight, quitting smoking, exercising

more, etc. They are the things you want to do to improve yourself.

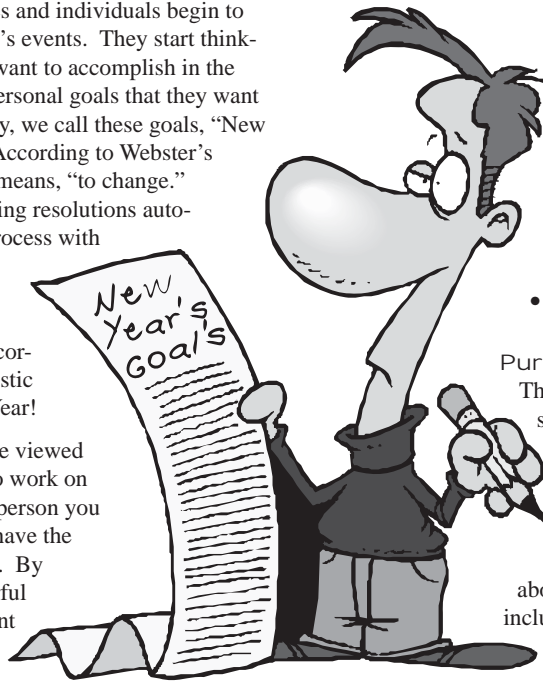
Professional Goals- These are your goals about your career, job, or school. They can include things like promotions, grades, etc.

People Goals- These should include the people you want to surround yourself with for the following year. They also include the people you want to help, the people you want to meet, and the people with whom you want to spend more time and get closer. Include the negatively influencing people in your life from whom you want to separate yourself.

Prosperity Goals- These are your financial goals for the year. They include salary, allowances, raises, etc. Within these goals you should set money saving goals that you need to reach in order to reach the monetary goals.

Play Goals- These include vacations, fancy cars, jewelry, toys, etc. They are the fun things in life.

Planning, planning, planning- In order to have success, you must plan for success. Your organization in life is a reflection of who you are



and what you are willing to do achieve your goals. Plan for yourself and for your family and your goals will fall in line.

Write your goals in a positive tone and in present time. Give yourself time frames within the year for reaching these goals. Commit to them. Instead of saying, "I will struggle to quit smoking some time this year." You should say, "I have quit smoking by January 30th, and I feel great." This is all part of visualization for making things a reality.

Each category might have numerous goals. However, try to write the top three first, so that it is easier to focus and prioritize. After each person has written down his or her goals, it is important to go around the room and have each person list their top three goals from each category. During this time, it is of utmost importance that all family members be positive and affirming. Children are not allowed to laugh at each other's goals. Ridicule can damage a child's spirit. Family members can give each other ideas and positive feedback on how to reach those goals. Plan the steps necessary to achieve each specific goal. Remind your children that they can achieve anything in life and that you are there to support their dreams.

Designate that notebook as your Goal Notebook. At the Family Goal Setting Meeting, jot down your thoughts. You can go back later and write things out neatly and in the order that you want them. You might even need to move things from one category to another after you have given it some thought. You can add or modify your goals throughout the year. Remember to check off your goals as you reach them. What a great feeling it is to reach the end of the year with a book full of goals completed!

Most importantly, remember that success comes from you, not to you. To reach your goals, you must be a certain person and do specific things in order to have what you desire from life. Goals without plans are merely dreams. There is nothing wrong with dreaming. However, if you put your dreams on paper and plan for them, they can and will become a reality. FPT



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

Please send us information about someone you know we should include in "braggin rights!"

The Top Ten Worst Gifts from Last Christmas

Some people have the knack for dreaming up the perfect gift for friends and loved ones during the holidays. Most of us, however, are susceptible to the pressure and lack of creativity that can often lead to the last minute purchase of a gift in bad taste. Givers of bad gifts often mean well, but end up becoming a chapter in the receiver's memories of gifts gone wrong.

Last year, Sam Goody hosted a Bad-Gift Boycott on December 26, inviting bad-gift recipients to "return" their unwanted gifts to Santa. A large dumpster overflowed with chintzy toys, useless gadgets, homemade "art," dreadful book titles and unwanted clothing. The following is a list of the 10 worst gifts collected at the Sam Goody Bad-Gift Boycott. Let them serve as a warning to bad-gift givers everywhere:

1. Clown Art – in the form of prints, statues, T-shirts and towels. Who knows, clown art might make resurgence in the years to come, but for now, resist the urge to purchase anything clown-related. Whether it's a happy clown or a sad clown, the receiver of your gift will resemble the latter.
2. Homemade Sweaters – Remind yourself that the person who knitted the garment at least thought enough of you to take the time to create it, regardless of how itchy and ill-fitting it may be.
3. Puzzles – A good puzzle can be a great way to get the family together. However, be

wary of giving a puzzle to anyone between the ages of 15 to 25. This age group sees the concept of working on a puzzle akin to watching grass grow.



4. Tube Socks – Many stores carry them in packages of three at prices thrifty holiday shoppers can't refuse. Retro is in, but not THAT in.
5. Ties – Ugly ties, along with the fruitcake, have become a bad gift cliché. Yet, both items arrived in droves at last year's Bad-Gift Boycott. Ladies, trust us, go easy on the ties this year.
6. Exercise Videos/ Diet Books – Even if the package is adorned

with multiple bows, it is impossible to give a gift

Author: Donna Beadle (FeatureSource)
of this ilk without offending the receiver. A gift/hint of this nature is as subtle as a battering ram.

7. Undergarments – Women typically choose boxer shorts with overly cute designs that men can't wear to the gym. Men typically choose something too risqué -- your average woman wouldn't wear them in a million years. Men, trust us, go easy on the lingerie.
8. Padded Toilet Seat – What were you thinking?
9. Sausage Sample Pack – Sausage is best in small quantities. Very few people really, truly have a need for 10 different kinds of sausage at any one time.
10. Drug Store Perfumes – It's cute if a very young boy buys it as his first gift for Mom, other than that, cheap perfume is wrong on too many levels to actually list. FPT

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Musicland Group Inc. is a leading national specialty retailer of music, movies and games that appeal to trend-conscious, entertainment-focused consumers. The company is expanding and diversifying its key entertainment offerings to satisfy the changing needs of its consumers. Musicland operates more than 900 retail stores and online under the names Sam Goody (samgoody.com), Media Play (mediaplay.com) and Suncoast Motion Picture Company (suncoast.com) in 48 states, Puerto Rico and the Virgin Islands.

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Elizabeth with her dad, Joe and mom, Decna. May, 2005

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