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**Family Pastime Magazine**

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## Family Game Nights

### The Fun Antidote to Winter Blahs...and Beyond

So you made it through the holidays. Parents are back at their jobs, already deep into the demands of work they didn't get done in December. Older kids have once again settled into the daily school routine, arriving home each evening with a backpack full of homework. Younger children have calmed down (finally!) from the overstimulation of weeks of nearly continuous Halloween to New Year's celebrations.

It's time to exhale, until you remember that spring break is still a long way away.

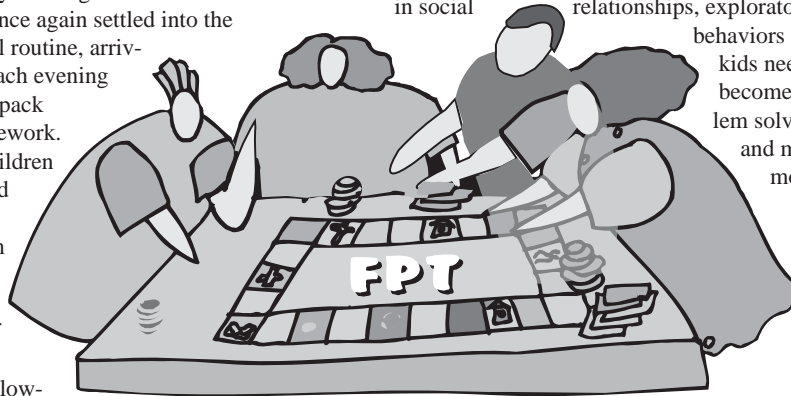
Our winter focus is on productivity, not play. The winter months can loom large for families busy with raising children, and it's not uncommon for play to be sacrificed. The days may be getting longer, but darkness still comes early and often kids don't get the same amount of outdoor play time to burn off that cooped-up indoors energy. Now that the fun of the holidays is over, this time of year is often focused on productivity at work, school and in after-school activities preparing for spring performances, recitals, or other events.

#### The family fun antidote

What better time to launch some good, old-fashioned family game nights? Not only can you have an evening of fun, laughter and even learning, game nights can be an important contributor to family bonding and healthy functioning.

The benefits of making a regular time for your family to focus on fun with each other are well documented, says Susan J. Oliver, Executive Director of Playing for Keeps, a national not-for-profit organization dedicated to increasing the amount of healthy, constructive play available to children. "Research has shown that parent-child play has positive impacts on many aspects of child

development," says Oliver. "It helps to develop language skills, attachment among family members, understanding of how to engage effectively in social relationships, exploratory behaviors that kids need to become problem solvers, and much more."



#### Starting a family game night

If you like the idea of establishing a family game night in your home, take some advice from Barbara McVeigh, a local play specialist who owns **Turtle's Nest Toy Store** in Johnson City. "The first step is clearing your calendar once a week or once a month or however often you want to set aside for this type of family togetherness," says Barbara. "The frequency is less important than the commitment to do it regularly and predictably. You want your kids to look forward to it and to count on it."

#### Steps for game night success

Next, says Barbara, create some sort of routine or ritual around your game time. "Perhaps you clean up dinner dishes together—which is another positive parent-child activity—and put a special game night table cloth on the table. Or you go to a special place in your home for this event. Try to engage your kids in thinking up the routine."

Choosing what to play is another key to successful family time through games. "Remember that you need a game that everyone—whatever the age, abilities, or interests—can enjoy," advises Barbara. "Some more advanced games can be played by younger kids if they are paired in a 'team' with an older child or adult. As much as possible, have the kids take turns picking what

game gets played."

Finally, says Barbara, avoid interruptions. "Turn off the television. Make the rule that phones are not answered, text messages are ignored, and email beeps wait until later. This is family time, and the whole idea is to keep it that way."

Any other advice for parents who want to embrace the long at-home evenings of winter by drumming up some family fun and togetherness? "Remember that competition is not the point of family game nights," recommends Oliver of Playing for Keeps. "Laughing together and having a great time is the sole objective. This means that you should set some rules about how people treat each other. No ridicule or boasting allowed. Everyone must be a good sport—which is one of the ways that play helps build self-regulation and social skills."

#### Selecting the right games for your family

Keep in mind that today's games come in many forms, age ranges, and time required for play. One way to get useful help on what might fit for your family is a trip to your local specialty toy store, where the staff is well-versed on available products and knows how to match up the right games with your family's needs.

**Turtle's Nest Toys** has developed a program to make family game night easy. They have a Family Game Lending Library available, absolutely free. Choose a game from their selection and keep it for up to a week. "Not only does this encourage families to play more games, it also allows them to try out a game to see if they like it before purchasing it," says Barbara. "We also have a group of games that can be borrowed by schools if they would like to hold a family game night at the school—and we'll even send along one of our employees to help with the event."

"Family game nights are a positive, family-affirming way to get through the winter blahs with your kids," says Oliver. "And when spring finally gets here, keep the routine going. The benefits for your kids and for healthy family functioning continue all year round." **FPT**

## It's The Boy Scouts Fault!

Last month when we got that brief snow I decided to take the kids sledding. Around my home there isn't a good hill for sledding, at least with that small amount of snow. I decided to pack the kids up and find a hill. This proved to be quite the undertaking. I brought a sled for each child and then a back up sled for each child. I had gloves and hats for everyone and then a bag full of back up gloves and hats. I then had to pack water and snacks in case we got thirsty or hungry. I grabbed a travel mug of coffee for me and a thermos for refills. Of course I also had to grab a wad of tissues, a few band-aids and my digital camera (after much consideration I did leave my camcorder at home). As I gathered all of these things I wondered if I could just take the bare minimum. If I could possibly just take one sled for each child, one pair of gloves one hat...? No! I HAD to be prepared. Then it occurred to me that it is the Boy Scouts fault. The Boy Scout motto is "Be Prepared". Being a good scout I have lived my life that way. I am prepared. On a daily basis I carry my wallet (sufficed to say, without going into great detail, I could survive on that alone for a week), my checkbook, a pocket knife, a pen, change, business cards, my wireless enabled PDA (you never know when you might want to check your email), keys for things I don't even know what they go to anymore on a key ring with a multi-tool that includes a knife, Phillips and flat blade screwdriver,

needle-nosed pliers, can opener, bottle opener and flashlight. My key ring also holds a small airtight, water tight, and light resistant Nitroglycerine Pill Storage container. I don't need Nitroglycerine Pills however

more dishwasher however, if I ever need a cool chrome handle for some gadget I am making, I've got one. I live in fear of needing it and not having it. If someone shows up at my door and is desperate to charge their 2000 Ericsson cell phone, I can do it. I have chargers for all of my old cell phones. On one hand I realize this is stupid because I will never have any of those phones again and most of them they don't even make anymore but the charger is still good and it is possible that I will need one one day.



By Chris Joker

somewhere in my travels I came up with the brilliant idea that it was great way to carry ground, dried Habanero pepper. I like spicy food so when I go to a restaurant and ask for hot sauce and they bring me something that is exactly like hot sauce only... not hot; I've got my own. Now, I'm not gonna lie to you, getting through the airport is quite the challenge for me now but being prepared, as I am, I always bring big envelopes and stamps so I can mail my security infractions back to myself.

Until this Boy Scout Motto revelation I thought maybe I was just a pack rat. It turns out I'm not; I'm just a good scout. For instance, if I ever need a handle for a 1967 Kenmore dishwasher...I've got it. I replaced my dishwasher a few years back and I couldn't part with the cool chrome handle. I know I will never have another 1967 Ken-

Back in the day, when I was growing up (before 337,000 cable channels and VCRs), when you stayed home sick from school if Mom let you watch TV you had two choices, Soap operas or Game shows. I went with the Game show option. There was a show on called "Let's Make A Deal". At the end of the show the host, Monte Hall, used to pay people for odd things they had on them. Something like, "I will pay you \$50.00 for every expired coupon you have on you right now." If I ever got a deal like that I'm sure I could retire.

For the record, the day we went sledding we used all four sleds, drank the water, ate the snacks used all the spare gloves and hats, I took pictures, we all blew our noses, I was able to share some coffee with another dad who had taken his daughter sledding and on the way home thanks to a surprise child's meal toy accident I used one of the band aids. I am nothing if not prepared. **FPT**

## Snowperson continued from page 1

even smaller than the snowball made in step number two. Then take it and firmly place it on the very top of the other two giant snowballs. Now you have made the body of your snowperson.

**4)** Put the hat on top of the littlest snowball.

**5)** Place the sticks inside the middle snowball, one on each side. They should look like arms.

**6)** Wrap the scarf loosely in between the top snowball and place the buttons on the middle

snowball, so they look like buttons going down the front of a coat.

**7)** Now you are ready to create the face of your snow friend. Place the two pieces of charcoal (or medium size rocks) where the eyes should go.

**8)** Place the carrot where the nose should go. To avoid breaking your carrot or cracking your snowperson's head you may want to carve out a hole with your fingers or a stick before putting the carrot in.

**9)** Make a smiley face with the small rocks by putting on one rock at a time.

Now your snow friend is complete! Give him or her a name, like Jack or Julie (Frosty is already taken!) and then take his/her picture because they won't be able to stay around forever! Keep a collection of all of the pictures of your snow buddies so you can remember them for years to come!

**FPT**

## Everything's Coming Up Flowers

# My Eragon Fantasy Trip Continues

By: Spencer Bailey

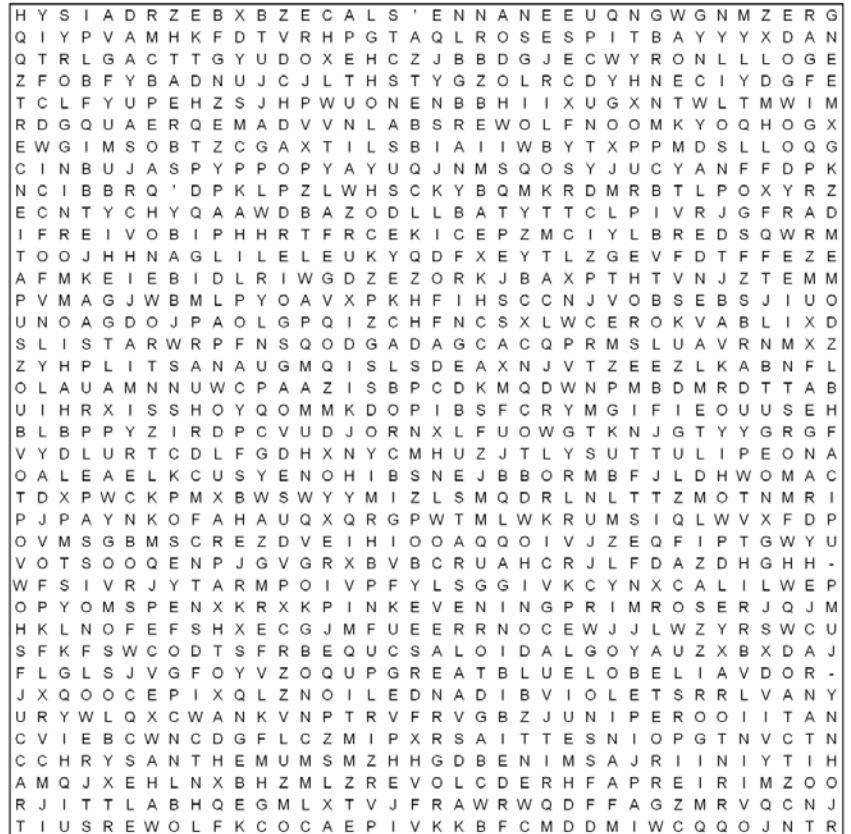
If you did not get a chance to read the article titled "My Eragon Fantasy Trip" in the December edition of **Family Pastime** then here is a brief review:

One day I was walking down a book isle in my local library. While I was looking at books, I discovered a book with a blue dragon on the cover titled *Eragon* by Christopher Paolini. The moment I checked out this book was the beginning of my Eragon Fantasy Trip. I then read the book after I checked it out and I loved it! It had everything a fantasy book lover would love in a book. I soon found out more about the author, Christopher Paolini. He graduated from high school at age fifteen, so instead of going off to college at age fifteen, he decided to write the amazing novel *Eragon*. *Eragon* was first published by the Paolini family, but was soon found by KNOPH Publishing House. So, I then decided that I wanted to write Christopher Paolini and just tell him how much I loved his book and that his book inspired me to start writing my own. A month after I wrote Christopher Paolini I unexpectedly received a letter from the Publishing House KNOPH. I opened it up and it was a personal letter from Christopher Paolini. He answered all the questions I asked him, encouraged me to continue my writing, and then he signed the letter himself.

At the end of my article in the December edition, I had mentioned that I had just written Christopher Paolini and was waiting for a second reply.

And, I received a second letter from Christopher Paolini! When the letter came to my house in mid December I was in Florida with some friends so I did not get to see it right away. My Dad called me and told me that I received a letter from Christopher Paolini and I was overjoyed. He asked me if I wanted him to open the letter and read it to me and of course I said, "Yes!" He read the letter to me while I listened excitedly. Christopher Paolini answered the extensive list of questions I had asked him, and some of them had shocking answers!

Now that I have two letters from Mr. Paolini, one is framed and the other is in a safe (I talk of Paolini as if we were great buddies!) I will of course write him another small letter without questions just thanking him for answering the questions and most likely my Eragon Fantasy Trip will continue again! **FPT**



Find and circle words. They may be diagonal and backwards too.

- |                   |                    |                       |
|-------------------|--------------------|-----------------------|
| aster             | hollyhock          | patience              |
| baby's breath     | honewort           | peacock flower        |
| black eyed susans | honeysuckle        | periwinkle            |
| black snakeroot   | hydrangea          | marigold              |
| blossom           | sunflower          | pink evening primrose |
| candytuft         | iris               | poinsettia            |
| carnation         | jasmine            | poppy                 |
| chrysanthemums    | johnny-jump-up     | posey                 |
| crocus petunia    | juniper            | purple horse mint     |
| poison hemlock    | geranium           | moonflower            |
| daffodil          | lavender lady      | purple passion flower |
| dahlia            | great blue lobelia | queen anne's lace     |
| pansy             | lilac              | red clover            |
| dandelion         | lilacs             | roses                 |
| mayflower         | lily               | sweet peas            |
| day lily          | lotus              | violet                |
| tulip             | magnolia           | water parsnip         |
| dogwood           | morning glory      | fringed bluestar      |
| gladiolas         | daisy              | windflower            |
|                   |                    | zinnia                |

# Kid Klassifieds

**Kid Klassifieds are a way for children to advertise items for sale. The listings are free. We only have a few rules:**

1. Ads are for children 12 and under.
2. No item may be listed at over \$100.00.
3. Children must submit a completed, signed Kid Klassifieds form.
4. A signed form must be on file with **Family Pastime Magazine** BEFORE an item will be listed (be sure to include BOTH pages).
5. Parents may be contacted by **Family Pastime Magazine** to confirm the listing.
6. When an item sells children will contact **Family Pastime Magazine** (E-mail or phone) to let us know it has sold.
7. Items will be run for 2 months only.
8. **No** live creatures (puppies, fish, siblings, etc) may be listed.
9. Children must understand that if someone offers to buy the item listed at the listed price they must sell it.

**Download an official Kid Klassifieds form from [www.familypastime.com](http://www.familypastime.com)**

## A National Crisis

By: Robert McGough

“Suffer the little children and forbid them not to come unto me, for of such is the kingdom of heaven...” Jesus

Part of being a responsible citizen is to realize that there are problems that must be faced. Often times we focus only on the happy and positive to the neglect of those who are in need. This article is not written to shame but to educate. If we will open our eyes and see the real needs around us we will all enjoy a much happier society.

Today, and every day, thousands of children will be terrorized, battered, left unfed, ignored or violated sexually – and five children will be killed. This is the very tragic face of child abuse/neglect in the US today. Each year in America there are 2.7 million cases of abuse and neglect, and at least two thousand children that are killed. One

year of child abuse and neglect produces 35,000 future violent criminals and 250 murders. This problem is a national tragedy and disgrace, and is an ever-growing national problem. We face this same crisis here in Northeast Tennessee and Southwest Virginia. Just a cursory look at the local papers reveals the magnitude of our local problem. We have our share of abuse and neglect, and yes, deaths of our children in this area.

In addition to the huge human costs, there is a very large economic cost to society. A child coming under state foster care costs over \$16,000 per year. If the child is declared a juvenile delinquent, the costs increase to over \$43,000 per year. These are serious issues that cause all who are aware, to feel concern for these very high costs in human suffering as well as in the financial area. These issues need the concern and awareness of each community to address and serve the needs of these at-risk children. Protecting children must begin in the local communities with strong community

support for effective action to help these at-risk children. All people of our area need to fight child abuse and neglect for the good of the children in the communities of our region.

This is the first in a series of articles that will deal with the various aspects of this crisis. We hope that this issue will grab your conscience and increase your awareness of this very pressing problem in our country and region.

Let us leave you with one very important asset you can use right away in the fight against this very pressing problem. If you know or become aware of a potential child abuse issue, please call the Child Abuse Hotline 1-877-542-2873 and report your concerns. All calls to the Hotline are kept confidential, and get a quick response. The sooner the problem is addressed, the better the child is served and the abuse /neglect stopped. Just listen to the cries of the children. You can do your part! **FPT**

*Robert McGough is President of the Board CASA of Northeast Tennessee*

## Daniel Boone High School Hosts Military Drill Meet

On Saturday, January 28, 2006, the Junior ROTC program at Daniel Boone High School hosted twenty-six schools from six states at their 9th Annual Invitational Drill Meet. Air Force, Army, Navy, and Marine units were represented and in attendance. David Crocket Navy JROTC and Science Hill Army JROTC represented Washington County. The units were all decked out in their dress uniforms and prepared for competition in Armed and Unarmed Drill, Color Guard, Inspection, as well as Individual and Dual Exhibition. The meet began promptly at 8:00 in the morning and concluded shortly before 6:00 in the evening. Washington County is very proud of the students of Daniel Boone’s JROTC program for all of their hard work in hosting the Southeast’s largest drill competition each year. The cadets are responsible for organizing and executing the entire meet. Every year they do an outstanding job. The results are as follows:

<b>Individual Exhibition:</b> 1st William Blount 2nd R.S. Central 3rd Fulton	<b>Unarmed Platoon:</b> 1st R.S. Central 2nd David Crocket 3rd Mount Juliet	<b>SGT Maj. Curtin Award:</b> Science Hill
<b>Dual Exhibition:</b> 1st R.S. Central 2nd Asheville 3rd Mount Juliet	<b>Unarmed Platoon:</b> 1st R.S. Central 2nd David Crocket 3rd Mount Juliet	<b>Meet Champions:</b> 1st R.S. Central 2nd Mt. Juliet 3rd Mooresville
<b>First Year Unarmed Squad:</b> 1st R.S. Central 2nd David Crockett 3rd Mt. Juliet	<b>First Year Armed Squad:</b> 1st R.S. Central 2nd Mt. Juliet 3rd Cocke County	<b>Inspection:</b> 1st Mt. Juliet 2nd R.S. Central 3rd Fulton
<b>Color Guard:</b> 1st R.S. Central 2nd Mooresville 3rd Mt. Juliet	<b>Armed Squad:</b> 1st R.S. Central 2nd David Crocket 3rd Mount Juliet	<b>Armed Platoon:</b> 1st Cocke County 2nd R.S. Central 3rd Asheville

## Up-and-Coming Names for 2006

By: Bruce Lansky

Popularity of names, like the length of hemlines and the width of ties, is subject to change every year. It seems that every decade a new group of names rises in popularity and an old group of names declines. So, when choosing a name for your baby, it's wise to consider whether a name's popularity is rising, declining or holding steady.

But remember that the popularity issue cuts two ways: Psychologists say a child with a common or popular name seems to have better odds of success in life than a child with an uncommon name, while a child whose name is at the top of the popularity poll may not feel unique and special as a child whose name is less common.



© Melissa King - FOTOLIA

Here are my predictions for the changes in name "fashions" for 2006:

### Girls' Names Top pick for 2006:

#### Emma

Emily has been the number one girls' name throughout the 2000s, but its popularity has peaked. I'm picking Emma to unseat Emily in 2006. Amazingly, Emma wasn't in the top 20 in 1999, but during the 2000s it, along with Grace and Isabella, was the fastest rising girl's name.

### Other Trendy Up-and-Comers

These trendy names will challenge for the top five most popular girls' names in 2006. All are names that have dramatically gained popularity during the last five years:

Sofia  
Diana  
Lily

Leah  
Marissa  
Ella  
Ava

Riley  
Amelia  
Avery

### Boys' Names Top pick for 2006:

#### Jacob

Jacob has been the most popular boys' name during the 2000s, but unlike the top-ranked girls' name, Emily, its popularity is still on the rise.

### Other Trendy Up-and-Comers:

There are several boys' names moving up the list that could challenge for top spots in 2006, including Ethan, Nathan and William. Also on my list of up-and-coming boys' names:

Ashton  
Wyatt  
Carter

Aiden  
Jayden  
Jeremiah  
Landon

Diego  
Nathan  
Chase

*Bruce Lansky is the number one author of baby name books in the world. He has compiled and published six baby name books, which have sold well over five million copies. His recently updated book, "The Very Best Baby Name Book: 55,000+ Baby Names" (Meadowbrook Press, \$8.50; www.meadowbrookpress.com), contains over 55,000 names complete with origins, meanings, variations, fascinating facts and famous namesakes*  
Courtesy of FeatureSource

## Johnson City MOMS Club

By: Chris Joker

Mom's of Johnson City unite! The MOMS club is here. MOMS is an acronym for Moms Offering Moms Support. With the exception of the "Mom's night out", all of the activities occur during the day and include activities for children. Some of our events for children include park days, ice cream outings, Play-Doh play dates, story time, craft time, visits to museums, the zoo, the local water park, and much more. The club strives to be the ideal club for stay-at-home moms as well as moms with part-time or alternative work schedules.

"We host monthly meetings with guest speakers and topics for discussion, organized playgroups, special outings for mothers and their children, perform service projects benefiting needy children in the community," said Janice Guazzo, president of the local chapter. Guazzo goes on to explain: "Evenings and weekends are family time, Our meetings and activities are during the day because that's when at-home mothers can feel the most isolated."

In addition, the group sponsors activity groups so that all members may share similar interests. "Our activity groups include scrap booking, stroller rollers, Breakfast Club, coupon exchange, Stitch and

Sew Club, a book club, mom's night out and much more. Whatever our members are interested in, we're able to do." Janice explained.

The local chapter is brand new and covers a wide geographic area including; Johnson City, Jonesborough, Erwin, Elizabethton, Gray, Piney Flats, Hampton, Kingsport, Colonial Heights, Limestone, Fall Branch, Greeneville, Chuckey, Afton, Mt Carmel, and Church Hill.

Club member Stephanie Hubble said, "MOMS Club has been a great opportunity to get out of the house and have some fun. I've made some life-long friends and my son has had a chance to socialize as well!"

The February business meeting is on the 20th from 9:30 am - 11:30 am. The children will be decorating a valentine cupcake and exchanging valentines.

For additional information about MOMS Club of Johnson City meeting locations, contact Janice Guazzo, President/Founder 753-3891, email: momsclubjohnsoncity@yahoo.com or visit their website at www.geocities.com/momsclubjohnsoncity. **FPT**

## Snow Cream

### Supplies:

- 2 Cups milk
- 1/2 Cup sugar
- 1-teaspoon vanilla
- 1/3 to 1/2 Cup coffee creamer

### How To:

**In large mixing bowl stir together the above ingredients until sugar is well blended. Add enough snow (or you may want to create your own snow with a snow cone machine) to make it thick like a milk shake. Eat. Beware it melts quickly.**

**Variations: There are many variations for snow cream. For example, substitute canned cream for milk for a heavier flavor. Add chocolate (or other flavored) milk powder for a flavored snow cream, add raisins and cinnamon, other flavorings: butterscotch, almond, or eggnog mix. Get creative, have fun. Stay away from Yellow snow and don't eat it too fast...brain freeze, you know.**

## Allowance continued from page 1

required each of his five sons to record their expenses. They had control over their money, though they were asked to give 10 percent of their earnings to charity and to save 10 percent.

**A**s the Rockefellers demonstrated, it is never too early for a child to learn how to earn, manage, appreciate and account for money.

**I**n the beginning you are your child's only source of income, other than gifts they receive from friends and relatives on special occasions. What you choose to do regarding an allowance will have a profound and lasting impact on your child. I encourage you to become a parent who instills in your child the value of money by doing the following:

**B**egin helping your child learn the relationship between money and the value of service by tying an allowance to services rendered. Begin as soon as your child understands the relative value of money (a dime is worth more than a nickel). In this way, you will teach your child that service of greater value warrants a larger reward/payment.

**E**ach family has their own income bracket, and every family determines how much to spend on each child throughout the month. Let's break down how much you spend on your child. Imagine that you spend \$50 on your child each month for "non-essential" items (things other than clothing, food, etc.). This is approximately \$12.50 per week or \$1.78 per day. I propose that if this were the case, you should give your child the opportunity to earn an allowance of \$50 per month, the amount you are already spending on him to buy things he wants, but does not necessarily need. When you spend this \$50 monthly, he is influencing you about how you spend YOUR money. When he earns this \$50 instead, he learns that he must decide for himself how to spend HIS money, and this will have an invaluable impact on his learning the value of money and the importance of his choices. Remember, you can no longer buy the non-essentials for them; they must bring their wallet with them everywhere.

**B**egin using the 10/10/10/70 concept from the very beginning. Children should give away 10 percent of their earnings, save 10 percent, invest

10 percent and spend the remaining 70 percent wisely. As soon as you give your child his or her first allowance, begin using a Piggy Bank or your own containers to start practicing giving, investing and saving as part becoming wealthy.

**U**se an allowance to instill the value of money in your child. Since they'll be spending their own money and not yours, they will think twice about what they spend their money on.

**A**llowance is one of the keys to healthy financial literacy. Children can easily learn that if they want more money, regardless of the reason, all they have to do is come up with a way to earn it. It is never too early to start teaching children about money, money management and the 10/10/10/70 concept. **FPT**

*Courtesy of Featuresource. About Lori Mackey: Mackey created the Money Mama program as a tool for parents to instantly teach children what it means to give, invest, save and spend their money wisely. Children can now experience the action of positive money management in a non-threatening way. Through giving, children become more compassionate. The investing and savings allow children to take control over their financial future. Spending wisely teaches a child about choices becoming responsible managing your money. With this program, parents will teach financial skills, but more importantly, they will teach a child life skills. Children can become caring, responsible and financially savvy adults.*

## Make Your Own Candles

### SUPPLIES:

**C**andle wicks (available at local craft stores)  
 sheets of beeswax (available at local craft stores)  
 blow dryer  
 scissors

1. Choose a height for your candle then cut the wick to just over the height you want.
2. Cut it to the Sheet of beeswax to the height you want your candle.
3. Set the blow dryer to the heat setting. Turn it on and warm one end of the beeswax sheet. Start with the edge that will form the inside of the candle and warm the entire length that will be the height.
4. As the wax warms it will change color slightly. For some colors it will be easier to notice than others. Also watch for a softening of the wax.
5. Turn the blow dryer off, and lay the wick along the warm end. The wax should be soft enough to start rolling it.
6. When you get to the wax that is not warm, stop. Turn the blow dryer on and warm

the next section. Start rolling. Continue until the candle is almost finished.

**7.** Make sure the last strip of wax is very warm (almost melting), as you finish rolling the candle. This edge creates the outside seam. You want to be smooth and well stuck together. Gently run your fingers along the edge to press the seam in place.

### Hints:

- If you are having trouble getting the wax to roll at the beginning, slightly mold the first edge to create a bit of a ridge. Put the wick right along the ridge and then start rolling.
- Shorter candles are easier to make.
- A tightly rolled candle will be narrower than a loosely rolled candle made from the same size sheet of wax.
- A common width for candles would be a sheet that was 8 inches wide. If you want a candle that is 10 inches tall, use a sheet of wax that is 8" x 10"

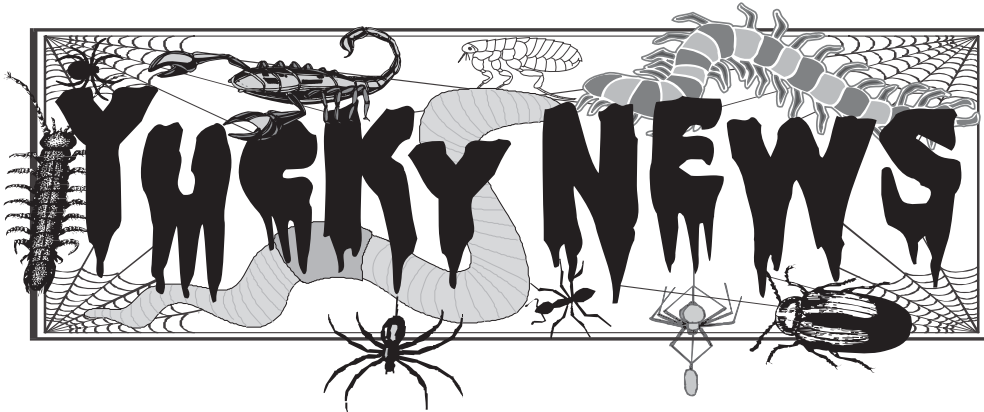
### OPTIONS:

- To make a candle that is spiral along the outside, Use a triangular shaped piece of wax.
- To create multicolor candles lay two colors of wax on top of each other. Be sure to warm both sheets when rolling the candles.
- Add decorations to your finished candles. It could be a some sequins, or small item that fits the theme for when the candles will be used.

### FPT

## SUDOKU EASY

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



## Tongue Repair

By: T. Major

**H**ave you ever tried to put a Band-Aid on your tongue? It just will not stick, and besides, it would make it hard to eat and talk. But what happens when you cut your tongue on a piece of paper? You would think that the body would have a hard time healing the wound. After all, it is covered in food and washed in saliva nearly all the time. That does not sound like a clean, healthy place for a cut to heal. Surely bacteria, fungi, and viruses—the things that can cause disease—would find a nice home in the cut, and make it sore for a long time. Yet the tongue heals faster than almost any other part of the body.



**T**he human tongue is covered by a mucous membrane containing small projections called papillae, which give it a rough surface. Tiny taste organs, or buds, are scattered over the entire surface of the papillae. One reason that the tongue heals so fast is the saliva in your mouth is very good at killing harmful “bugs.” Another reason is that the tongue has its own medicine factory. If you should scrape or cut your tongue, a layer of cells just beneath the surface begins to make special chemicals. These can kill unwanted invaders, and encourage the wound to heal.

**S**o thank God for the medicine factory in your tongue. It means we quickly get back to chewing, swallowing, tasting, and talking. **FPT**

## A Rose by Any Other Color...

- L**avender -- Enchantment and Uniqueness
- O**range -- Fascination
- P**ink (Dark) -- Thankfulness, Friendship and Admiration
- R**ed -- Love, Respect and Courage
- P**each -- Modesty, Gratitude, Admiration and Sympathy
- P**ink (Pale) -- Grace, Joy and Happiness
- D**eep Red -- Beauty and Passion
- W**hite -- Innocence, Purity, Secrecy, Silence, Reverence, Humility and True Love
- Y**ellow -- Joy, Friendship, Jealousy, Hope and Freedom

- B**lack -- Farewell
- R**ed/**W**hite -- Unity or Engagement
- Y**ellow/**O**range -- Passionate Thoughts
- Y**ellow/**R**ed -- Congratulations
- R**osebud -- Beauty, Youth and a Heart Innocent of Love
- R**ed Rosebud -- Purity and Loveliness
- W**hite Rosebud -- Girlhood
- O**ne Dozen Red Roses -- “I Love You”
- S**ingle Red Rose in Full Bloom -- “I Love You”
- T**ea Roses -- “I’ll Remember Always”

## 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 issue for the answer to this month’s puzzle.

### HARD

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

- Q: Why is lettuce the most loving vegetable?
- A: Because it's all heart.
- Q: What do squirrels give for Valentine's Day?
- A: Forget-me-nuts.
- Q: What did the letter say to the stamp?
- A: You send me.
- Q: What did the stamp say to the envelope?
- A: I'm stuck on you.
- Q: What is a vampire's sweetheart called?
- A: His ghoulish friend.
- Q: Why did the banana go out with the prune?
- A: Because it couldn't get a date.
- Q: What is a ram's favorite song?
- A: I only have eyes for ewe,
- Q: What travels around the world but stays in one corner?
- A: A stamp.
- Q: What does an envelope say when you lick it?
- A: Nothing, it shuts up.
- Q: If your aunt ran off to get married, what would you call her?
- A: Antelope.



## Valentines Trivia

The British Museum has preserved a Valentine's Day card from Charles, Duke of Orleans, to his wife while he was a prisoner in the Tower of London in 1415 AD.

In the Middle Ages, both men and women drew names from a bowl to see who their valentines would be. They would wear the names on their sleeves for a week. Now, to wear your heart on your sleeve means others can easily see your feelings.

Lovers are often unaware that the XXX kisses on cards goes back to early Christianity. In the days when few people could sign their name, a X was a legally binding signature. To emphasize their commitment to an agreement, people would kiss the X, similar to kissing the Bible after swearing on oath.

### Instructions: SUDOKU

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 issue for the answer to this month's puzzle.

#### MEDIUM

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

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

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# Groundhog Day

## The Adventures of Punxsutawney Phil, Wiarthon Willie, and Pothole Pete

By Holly Hartman

February 2 brings the most-watched weather forecast of the year—and the only one led by a rodent. Legend has it that on this morning, if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

### Why the Groundhog?

Since a groundhog (or woodchuck or “whistle pig”) hibernates for the winter, its coming out of the ground is a natural sign of spring. In Europe centuries ago, people watched for other hibernating animals, including badgers, bears, and hedgehogs, as signs of winter’s end. Germans who immigrated to Pennsylvania in the mid-1800s began keeping an eye on the groundhog. The widespread population of the rodent made it a handy agent for this particular weather superstition.

And a superstition it is. But there’s a grain of truth: the winter days when you can see your shadow clearly are often especially cold, because there are no clouds overhead to insulate the earth.

### Why now?

Early February is midway between the winter solstice and the spring equinox. Throughout history numerous holidays have marked this seasonal crossroads. Among these is Candlemas Day, February 2, a Christian holiday that celebrates Mary’s ritual purification. Early Christians believed that if the sun came out on Candlemas Day, winter would last for six weeks more.

The ancient Romans observed a mid-season festival on February 5, and the pagan Irish celebrated



Photo by: Alan Freed/Punxsutawney Phil.com

one around February 1. In many parts of Europe early February might herald the start of spring, when crops could be planted.

### Punxsutawney Phil and Friends

In the 1880s some friends in Punxsutawney, Penn., went into the woods on Candlemas Day to

look for groundhogs. This outing became a tradition, and a local newspaper editor nicknamed the seekers “the Punxsutawney Groundhog Club.” Starting in 1887 the search became an official event centered on a groundhog called Punxsutawney Phil. A ceremony still takes place every year.

Today Punxsutawney Phil lives in a climate-controlled habitat adjoining the Punxsutawney Library. A local celebrity, he gained national fame in the 1993 movie *Groundhog Day* (which was shot in scenic Woodstock, Illinois). The weather-watching rodent’s predictions are recorded in the Congressional Records of our National Archive. So far, Phil has seen his shadow about 85% of the time.

Canada’s Groundhog Day relies on the predictions of an albino groundhog named Wiarthon Willie. Although Punxsutawney Phil gets the most attention, various American cities have their own special groundhogs; New York City’s official groundhog is called “Pothole Pete.” **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](http://www.familypastime.com) or if you have a recipe you would like to share you may submit it to: [recipes@familypastime.com](mailto:recipes@familypastime.com) or mail it to **Family Pastime** P.O. Box 3161 Johnson City, TN 37601. Bon Appétit!

## Valentine Krispy Kisses:

Makes 4 - 6

### Supplies:

- 6 cups Crispy Rice Cereal
- 1 Package (10 oz) of Marshmallows
- 3 Tablespoons Butter or Margarine
- Vegetable Cooking Spray

### Tools:

- Microwave Oven
- Large Microwave Safe

### Bowl

- Funnel Sprayed With Cooking Spray
- 1 2" Square Of Aluminum Foil For Each Child
- 1" x 11" Strip Of Paper Per Child
- Waxed Paper
- Mixing Spoon

### HOW TO:

Label each strip of paper with a valentines saying like: "Be Mine", "I love You" etc.

Make the cereal treats:

1. Melt margarine in large sauce pan over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add Crispy Rice Cereal. Stir until well coated.

### Alternative MICROWAVE DIRECTIONS:

In a large microwave safe bowl, heat margarine and marshmallows at HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Allow the mixture to cool until easy enough to handle. Have children mold it in the funnel. Place on waxed paper to cool completely before wrapping the shaped treat and the paper strip with aluminum foil.

## Burger Pie

### SUPPLIES:

- 1 pie shell.
- 1 pound ground beef
- 1 medium onion, finely chopped
- 1 celery rib, chopped
- 1 small bell pepper, chopped
- salt and pepper to taste.
- 2 tsp. minced garlic
- 1 egg
- 3/4 cup dry potato flakes

### HOW TO:

Bake Pie shell in pie plate at 350°F. about 12 minutes. While pie shell is baking mix all other ingredients together in a bowl. Let pie shell cool then spoon in mixture from bowl, spread evenly. Bake at 350°F. for 1 hour. While pie is baking, either make homemade mashed potatoes or instant. After pie is done, spread mashed potatoes on meat and top with shredded cheese. Heat till cheese melts.

## Cookie Bouquet

### SUPPLIES:

- 1 package (18 oz) Refrigerated Chocolate Chip Cookie Dough
- 8 Popsicle sticks
- Decorator icing
- Candies
- Melted chocolate

### HOW TO:

- PREHEAT oven to 375.
- Roll cookie dough into eight 2-inch balls. Place four balls at a time onto

ungreased baking sheet. Insert Popsicle sticks into each ball to resemble a lollipop; flatten dough slightly. •BAKE for 13 to 15 minutes or until edges are crisp. Cool on baking sheet for 1 minute; remove to wire racks to cool completely. •DECORATE as desired. Tie ribbons around sticks and give as a bunch.

## Beef Tips On Rice or Noodles

### SUPPLIES:

- 1 pound sirloin tip steak, cut in strips
- 1 cup chopped onions
- 1/2 stick butter or margarine
- 2 tablespoons flour
- 1 can cream of mushroom soup
- 1 tablespoon catsup
- 1 tablespoon Worcestershire sauce
- 1 cup water
- 1 small can sliced mushrooms

### HOW TO:

Brown meat and onion in butter. Add remaining ingredients and simmer for 40 minutes or until meat is tender. Serve over hot rice or egg noodles

## Kissing Fun Facts

Family Pastime Staff

The origin of kissing is still a mystery. Theories include the idea that kissing began with the ancient Romans. The theory says Roman husbands would kiss their wives after returning home from work to see if they had been into the red wine. Another theory says people began kissing because of the pleasurable electric current the kiss generates between the kissers. One theory claims that during prehistoric times it was important to choose a mate with a good immune system so people would kiss to taste each other's saliva in order to find a healthy potential mate. Yet another theory says kissing evolved from sniffing a partner. **However kissing originated, we know it exists and we know these facts:**

**Y**ou burn 26 calories in a one-minute kiss. You can burn 10 calories for every 10 minutes of kissing.

**E**skimos, Polynesians and Malaysians rub noses as kissing.

**R**omans kissed each other on the eyes or the mouth as a greeting.

**I**n Russia, the highest sign of recognition was a kiss from the Tsar.

**V**ictorian etiquette required a man to kiss the back of a ladies hand.

**A** standard greeting in Europe is a kiss on both cheeks.

**A**frican tribes pay homage to their Chief by kissing the ground where he has walked.

**I**n Ireland, you will have good luck if you kiss the Blarney Stone.

**T**he scientific name for kissing is philematology.

**L**ongest underwater kiss - 2 minutes and 18 seconds in Tokyo, Japan, on April 2, 1980.

**F**irst movie kiss - John C Rice kissed May Irwin in the film called "The Kiss" (1896).

**M**ost kisses in a single movie - 127 in the movie "Don Juan" (1927). Mary Astor and Estelle Taylor



got all of those kisses from John Barrymore.

**L**ongest movie kiss - 3 minutes and 5 seconds between Jane Wyman and Regis Tommey in, "You're in the Army Now" (1941).

**B**eware where you kiss!

**I**n some places kissing is a crime - it's illegal in Indiana for a mustached man to "habitually kiss human beings", in Hartford, Connecticut it's illegal for a husband to kiss his wife on Sunday, and in Cedar Rapids, Iowa, it's a crime to kiss a stranger.

**K**issing for women helps her relax and is a good stress reducer.

**C**anadian porcupines kiss one another on the lips.

**T**he world's longest kiss took place on January 28, 2002. Louisa Almodovar and Rich Langly of New Jersey kissed for a record 30 hours, 59 minutes and 27 seconds on a segment of "Ricki Lake".

**I**n medieval Italy kisses weren't taken, or given, lightly. If a man and a woman were seen embracing in public they could be forced to marry!

**I**t is estimated that the average person will spend about 20,160 minutes kissing in their lifetime. Which breaks down to 2 weeks.

**K**issing helps reduce tooth decay. Kissing increases the mouth's production of saliva, and saliva helps clean the mouth thus aids prevention of tooth decay.

**I**t is a (scientific?) fact that the act of kissing produces the same hormone in your body that firing a gun does.

**T**he scientific way to describe a kiss is "the anatomical juxtaposition of two orbicularis oris muscles in a state of contraction."

**A** study in 1997 out of Princeton University concluded that our brains are equipped with neurons

that help us find our lovers lips in the dark. It is no wonder that many couples enjoy kissing in a dark theater.

**H**ershey's Kisses got their name because the machine that makes them looks like it's kissing the conveyor belt.

**T**he Chinese didn't kiss until the practice was introduced by Westerners, and they're still not very enthusiastic about it.

**A** Kiss slows the aging process. "Kissing helps to tone your cheek and jaw muscles, so they're less likely to sag," says Cosmo's Fitness Consultant, Claire Potter.

**A** Kiss increases fitness levels. Your heart is pumping, your pulse is racing... "If kissing is exciting, you release adrenaline into the bloodstream and your heart pumps more blood around your body," says Dr. Susan Hotchkies. "It's a great cardiovascular workout."

**A** Kiss is a good indication of what's to come. Kissing gives you the perfect opportunity to check out pheromones. "The first kiss is always a good way to work out if there's any chemistry between you," says Paul Brown, a sexual and marital therapist. "In humans, it's thought that smell plays a vital part in subconscious attraction, and if your pheromones aren't 'in tune', you're unlikely to hit off!"

**A** Kiss boosts self-esteem. There's nothing better than a passionate kiss for a major dose of feel good factor. "In theory, when you're kissing, you're happy. And when you're happy, you feel good about yourself," says psychotherapist Paul Zeal.

Please see "More" on page 21



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## Invisible INK

By: Family Pastime Staff

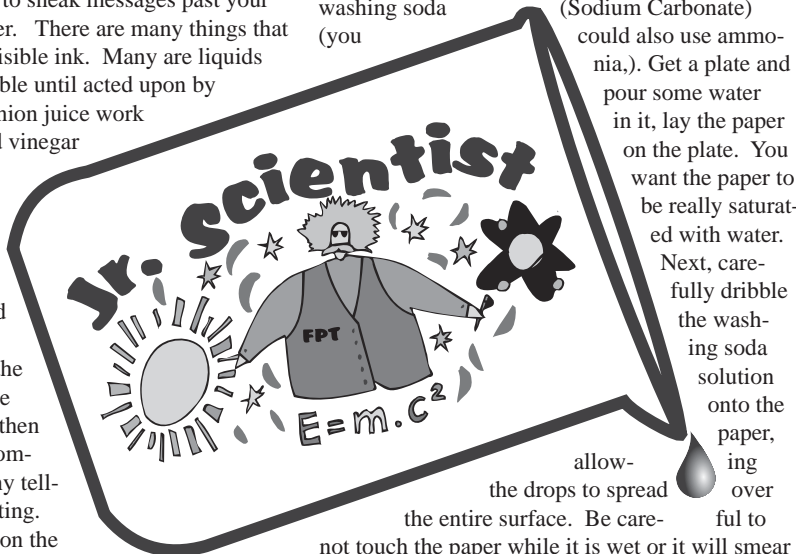
Invisible ink has probably been around as long as paper and writing. During World War II it was used often to sneak messages past the Nazis. Now you can use it to sneak messages past your little brother or sister. There are many things that will function as invisible ink. Many are liquids which appear invisible until acted upon by heat. Lemon and onion juice work well while milk and vinegar

work they do not work as well. The "Spy" writes the message with the liquid using an en filled with the liquid or something like a toothpick to dip in the liquid and then write with it. The "Spy" then lets the paper dry completely removing any tell-tale trace of the writing.

Then when the person the message is intended for holds the paper to a heat source like a light bulb or maybe a hot hair dryer the ink will warm up and reveal the message. Achieving a certain color adds another level of science. To get a color mix some cornstarch and water over heat for a while, let it cool and write with it. After it dries you can reveal the message by sponging the paper with a solution of iodine and water. You will get dark blue writing on a light blue paper. If you use lemon juice instead of cornstarch you'll get white text on a light blue background.

Because it is the month of **VALENTINES** you may want to send your sweetheart a secret love message in red. This will be a bit more difficult, but it can be done with varying success. You will need Phenolphthalein. Probably that doesn't sound like anything you've ever heard of, but it is found in most over the counter laxative pills! You'll need a box, and be sure it does have Phenolphthalein in it. If the pills you have gotten have a colored coating, you'll have to scrape that off. Take five or six tablets and crush them using a spoon. Next add a few tablespoons of water and mix. This is your ink and you may write your message.

When you are ready to reveal your message (after it has dried.) you will need to mix four tablespoons of hot water with four teaspoons of washing soda (you



(Sodium Carbonate) could also use ammonia.). Get a plate and pour some water in it, lay the paper on the plate. You want the paper to be really saturated with water.

Next, carefully dribble the washing soda solution onto the paper, allowing the drops to spread over the entire surface. Be careful to not touch the paper while it is wet or it will smear your message. The writing should appear in reddish pink.

The basic science behind most invisible ink reactions (except for the ones involving heat) is related to acid/base chemistry and requires pH indicators. The ink is a colorless liquid with either acidic or basic pH. After the colorless liquid dries on the paper it becomes invisible. However, even though you cannot see the ink the acidic or basic properties remain on the paper. The next step in the process is to introduce a pH indicator to elucidate the ink. The indicator changes color when it comes in contact with either the acid or base.

### Baking Soda Invisible Ink

Mix equal parts of baking soda and of water. Next, write using a Q-tip, toothpick or brush on a piece of paper. Let it dry completely. To read the secret message, paint grape juice concentrate across the paper with a paintbrush or a sponge. Don't forget - grape juice stains. Why it works: Grape juice has an acid that reacts with the baking soda ( a base). A different color appears wherever the secret message is written.

### Milk invisible ink

Put a little milk in a small bowl. Write with the milk on a piece of paper with a Q-tip or a brush. Let your message dry completely. To read the message just heat the paper. Use an iron or 100-watt light bulb or stove element. Don't rest the paper on the bulb. Ask an adult to help never use a halogen light.

Why it works: Milk is an organic product which means it comes from a living thing. When it's heated, it burns at a slower rate than the paper. Your invisible message shows up brown.

### Lemon Invisible Ink

Just dab a Q-tip, toothpick or brush into a bowl of lemon juice and write your message on a piece of paper. Don't use too much. Allow the paper to dry thoroughly. To see the message, heat the paper. Why it works: The lemon juice is mildly acidic and acid weakens paper. The acid remains in the paper after the juice or milk has dried. When the paper is held near heat the acidic parts of the paper burn or turn brown before the rest of the paper does.

### Other Stuff:

1. If you are using the heating method, avoid igniting the paper. Ask an adult for assistance. **- DO NOT USE A HALOGEN BULB.**
2. Experiment with other juices. Orange juice, vinegar, and apple juice all work well, too.
3. The baking soda mixture can also be used more diluted, with one part baking soda to two parts water.
4. Grape juice concentrate results in a more visible color change than regular grape juice.

**FPT**

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Fun Family Events February

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

Table with 5 columns: Black History Month, An Affair to Remember Month, Canned Food Month, National Cherry Month, National Weddings Month

February 1 National Freedom Day, Serpent Day
February 2 Ground Hog Day, Candlemas
February 3 JC Public Library 6-10 PM Kids after Hours 2nd - 5th Grade
February 4 Create a Vacuum Day, Thank a Mailman Day
Sycamore Shoals Workshop: Beginning Dulcimore
February 5 Disaster Day, National Weatherman's Day
February 6 Compliments Day, Lame Duck Day
February 7 Wave All you Fingers at Your Neighbor Day
February 8 Boy Scout Day - celebrates the birthday of scouting
February 9 Clean out your Computer Day, Toothache Day
February 10 Umbrella Day
February 11 Don't Cry over Spilled Milk Day, Make a Friend Day

Historic Area Fort Garrison 10:00- 4:30. The Company of Overmountain Men will garrison at Fort Watauga. Drill, cooking, battle demonstrations, and much more.
Hands on Museum Art Studio - Sweetheart Valentines.
Smith-McDowell House Museum Asheville, N.C. American Girls Party - Featuring Addy. Pre-registration is required.
February 12 Abraham Lincoln's Birthday, Freedom to Marry Day
February 13 Get a Different Name Day
February 14 Valentine's Day, Ferris Wheel Day
February 15 National Gum Drop Day, Singles Awareness Day
February 16 Do a Grouch a Favor Day
February 17 Random Acts of Kindness Day

February 18 National Battery Day
Hands on Museum Art - Make, write, & illustrate a book.
February 19 National Chocolate Mint Day
February 20 President's Day - third Monday of month, Cherry Pie Day, Hoodie Hoo Day.
February 21 Card Reading Day, Love Your Pet Day
February 22 George Washington's Birthday, Be Humble Day, Walking the Dog Day, International World Thinking Day
February 23 International Dog Biscuit Appreciation Day, Tennis Day
February 24 National Tortilla Chip Day
February 25 Pistol Patent Day
February 26 National Pistachio Day, Tell a Fairy Tale Day
February 27 International Polar Bear Day, No Brainer Day
February 28 Floral Design Day, Public Sleeping Day
MARCH 4 & 5 Windy Weather Learn about Weather in our new Eastman Discovery Lab!
MARCH 11 & 12 St. Patrick's Day Celebration! Learn about potato experiments in our Eastman Discovery Lab.

Springbrook Commons Storage advertisement with image of a padlock and text: 'Store your stuff' 5 X 10, 10 X 10, and 10 X 20 Commercial and Personal Units Commercial Deliveries Accepted!

Across

- 2. Yet another name for a groundhog.
- 5. Where Phil makes his yearly predication.
- 7. Father of our country
- 8. First president to visit all 50 states.
- 11. Embrace
- 12. Sailors used this to send messages to their lovers while at sea.
- 13. The "Love apple".
- 15. 21st president. He gets NO press so we thought we would throw him a bone.
- 20. Still another name for a groundhog.
- 22. How much wood could a woodchuck chuck if a woodchuck could chuck wood?
- 24. Lip lock
- 27. First U.S. president to have a Christmas tree in the White House.
- 28. Oldest man ever elected U.S. president.
- 30. The groundhog belongs to this family.
- 32. Great civil rights leader who won the Nobel Peace Prize and was assassinated in 1968?
- 33. Youngest man ever elected U.S. President.
- 34. He served as Vice President to George Washington
- 35. God of love
- 37. Top seller of Valentines cards in America.
- 38. ----- are blue


Down

- 1. Birthplace of the greatest number of U.S. presidents
- 3. Covert devotee
- 4. Traditional Valentines gift often in a heart shape.
- 6. Ground hog day was derived from the ancient Christian celebration of this.
- 7. Scientist who developed hundreds of products from peanuts
- 9. Official groundhog in Pennsylvania.
- 10. The groundhog belongs to this order
- 14. First African-American who served on the US Supreme Court?

- 16. Youngest U.S. president to serve.
- 17. The woman who refused to give up her bus seat, prompting a city-wide bus boycott
- 18. First African-American to play major league baseball
- 19. ----- are red
- 21. The woman who helped hundreds of escaped slaves flee to freedom in the North via the Underground Railroad?
- 23. How much longer will winter be if the ground hog sees his shadow?



- 25. Got stuck in the White House bathtub.
- 26. Another name for a groundhog.
- 29. The one and only.
- 31. Made the first presidential flight.
- 36. Bird that symbolizes Valentines day.



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**January Answers**

1 FROSTY 2 JACK  
 3 O N  
 4 P G  
 5 C  
 6 BOOTS 7  
 8 CHIMNEY  
 9 A A L  
 10 C H A I N S  
 11 A N T R  
 12 C R  
 13 S O  
 14 S N O W F I G H T S  
 15 P C M N  
 16  
 17 F I R E  
 18  
 19  
 20 B W P E A O  
 21 C  
 22 F I R E P L A C E  
 23 S A L T  
 24 B I B S  
 25 S K I I N G  
 26 S L E D

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**Science Hill High School Army JROTC Wins Prestigious Award**

On January 28, 2006, Daniel Boone High School hosted the Annual JROTC Drill Meet. One of the most desired awards is the Sergeant Major Michael Curtin Esprit de Corps Trophy. This award is given to the unit that displays the highest degree of esprit and cooperation. "The Army unit from Science Hill High School spent the entire day at the meet. They showed a great spirit of cooperation and drive. We were all impressed with the way they represented their school and branch," said Daniel Boone's Cadet Battalion Commanding Officer, Trae Bailey.

This award is named after a Police Sergeant by the name of Michael Curtin who, in 1995, went to Oklahoma City to help with the rescue efforts when the Federal Building was bombed. Officer Curtin was also a member of the Marine Corps Reserve in New York City. During the search of the Federal Building, Officer Curtin found the body of Captain Randolph Guzman, a Marine recruiter stationed in Oklahoma. Officer Curtin organized a formal ceremony for the removal of the body, displaying the "Esprit de Corps" that Marines are famous for. Marines don't leave Marine behind!

During the attack on the World Trade Center in New York, City Officer Curtin responded with fellow officers. Officer Curtin lost his life during the collapse of the building. His remains have never been found. During October of 2001, a ceremony took place on the 10th floor set back at the Trade Center to recognize all veterans who lost their lives there. On the Marine Corps Colors were written some of the names of the missing Marines, including Sergeant Major Curtin.

Congratulations Science Hill Army JROTC for a job well done. You have made both your school and community proud! **FPT**

Q: What did one snake say to the other snake?  
 A: Give me a little hug and a hiss, honey.  
 Q: Who sends a thousand valentines cards signed "guess who"?  
 A: A divorce lawyer.  
 Q: What did the valentine card say to the stamp?  
 A: Stick with me and we'll go places!  
 What did the painter say to her boyfriend?  
 "I love you with all my art!"

**REALLY HARD**

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

**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 issue for the answer to this month's puzzle.

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Q: What is the difference between a girl who is sick of her boyfriend and a sailor who falls into the ocean?

A: One is bored over a man the other is a man overboard.

Q: What did the light bulb say to the switch?

A: You turn me on.

Q: Did Adam and Eve ever have a date?

A: No, but they Had an apple.

Q: What did the boy octopus say to the girl octopus?

A: Can I hold your hand, hand, hand, hand, hand, hand, hand, hand, hand?

# More Kissing Fun Facts

*Continued from page 16*

**A** Kiss is good for work. German physicians and psychologists have concluded that those who kiss their spouse each morning miss less work because of illness than those who do not. Those who kiss also have fewer auto accidents on the way to work, earn 20 to 30 percent more monthly and live approximately five years longer. Dr. Arthur Sazbo, one of the German psychologists, says the reason behind the good fortune is those who have a morning kiss begin the day with a positive attitude.

**D**uring a kiss, as many as 278 colonies of bacteria are exchanged.

**S**exiest screen smooches. According to a Gallup poll, the hottest kisses take place between Clark

Gable and Vivien Leigh in *Gone With The Wind*.

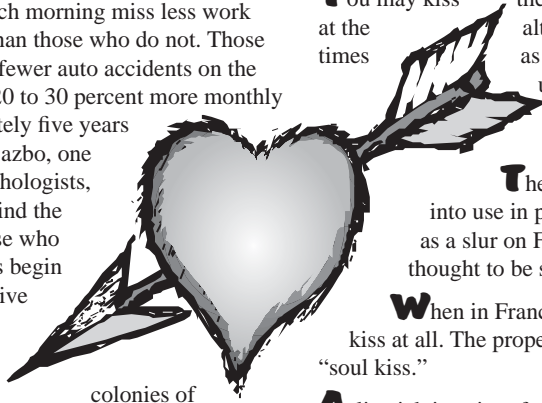
**Y**ou may kiss at the times

the bride. The nuptial kiss altar began during Roman as a symbol of the spiritual union between bride and groom, who exchanged "the breath of life."

**T**he term "French kiss" came into use in prudish America in 1923 as a slur on French culture, which was thought to be shockingly oversexed.

**W**hen in France. Don't call it a French kiss at all. The proper, term: a "tongue kiss" or "soul kiss."

**A** lipstick imprint of a kiss made by Mick Jagger's mouth once sold for \$1,600. **FPT**



colonies of

## An Extra-Special Valentine

By: FeatureSource

**E**veryone loves to get a valentine, especially in a fun, new way. Your kids can send extra-special greetings with these Valentine's Day ideas from "The Children's Busy Book" (Meadowbrook Press).

- Dip a toothpick in lemon juice and write a message on plain white paper. Iron the paper to reveal the message.
- Tape several Popsicle sticks side by side to form a square. Write a message on one side. Remove the tape and mix up the sticks so your valentine will have to put the puzzle back together to read the message.
- Roll up small valentine cards and insert them into balloons with some confetti. Blow up the balloons and pop them to reveal the Valentines inside.
- Blow up a red, pink, or white balloon and hold the opening shut. Write on the balloon and then let the air out. Blow up the balloon again to see the message. **FPT**

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## Help With Hyperactivity, Moodiness and Poor Concentration

By: Patsy Meridith

**R**esearchers at Purdue University have found that children who tend to be more hyperactive, impulsive, and inattentive have significantly lower blood levels of DHA, a key essential fatty acid especially important for brain function. Studies show that brain critical nutrients like DHA influence academic performance, mood and behavior. With concern about antidepressants and stimulants being overly prescribed for ADHD, parents are looking for nutritional approaches to improve behavior and concentration. Learning Factors is a blend of nutrients, including DHA, designed to optimize brain performance in children and adults. It's available in soft gels or a tasty liquid.

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

January Easy Sudoku Answers

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

January Medium Sudoku Answers

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

January Hard Sudoku Answers

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

What does a man who loves his car do on February 14?

He gives it a valenshine!

What did the man with the broken leg say to his nurse?

"I've got a crutch on you!"

What do you call two birds in love?

Tweethearts!

What do you call a very small valentine?

A valentiny!

What did Frankenstein say to his girlfriend?

"Be my valenstein!"

Why is Valentine's Day the best day for a celebration?

Because you can really party hearty!

What did one oar say to the other?

"Can I interest you in a little row-mance?"

What happened when the two angels got married?

They lived harpily ever after!

What did the chocolate syrup say to the ice cream?

"I'm sweet on you!"

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