



THE magazine for the WHOLE family

Volume 3 Issue 2

Enjoy a National Treasure Right Here in Northeast Tennessee

By Rick Beaulieu

Every year in Northeast Tennessee and Southwestern Virginia, people from around the world are visiting a national treasure right in our backyards. For the most part, these folks are unseen and unnoticed by the people who live here. In fact people from as far away as the Czech Republic,



India and Australia are enjoying a feature of Northeast Tennessee that many residents don't even know exists. That feature is the Appalachian Trail, commonly referred to as the "AT" by hikers of the trail.

It is the nation's longest marked footpath and is a unit of the National Park Service. The southern portion of the AT begins on Georgia's Springer Mountain and winds through approximately 2175 miles of

Please see "AT" page 17

Cheapest Family in America?

Annette Economides spent 21 years as a stay at home mom until she joined Steve writing and publishing the HomeEconomiser Newsletter in 2003.

At ten-years old, driven by an innate desire to earn money, she found several of her siblings' unused toys laying around the house. Seizing the opportunity, she promptly set up a trading-post in the front yard. Neighbors from blocks around picked up many bargains that day and Annette pocketed most of the money. That was until her older brother came to see if he could purchase a bargain priced item only to find one of his toys there for sale. He sounded the alarm and the trading post was promptly closed.

As a teen-ager Annette shunned anything having to do with cooking or housework. Her favorite hangout was the mall and her favorite pastime was shopping for clothes. The full extent of her domestic aptitude



The Economides

Photo By: John Economides

was the ability to boil water and scramble eggs. Little did she know that her latent frugal abilities and aptitude for culinary excellence would later come to aid her as a "domestic goddess."

Steve

Economides spent twenty-three years in the graphics and advertising industry in Phoenix,

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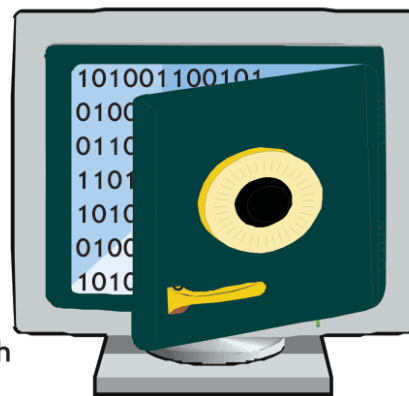
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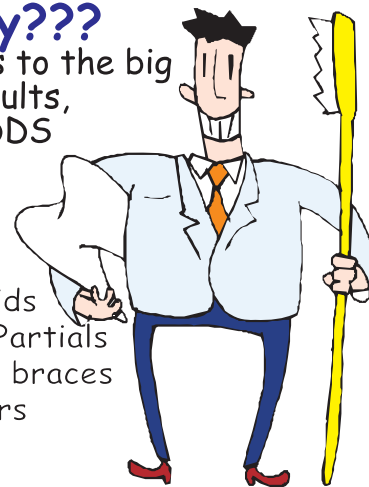
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FEBRUARY WEEKLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • Patient Recognition Wk: 1-7 • Publicity for Profit Wk: 1-7 • Solo Diners Eat Out Wkend: 1-7 • Dump Your Significant Jerk Wk: 4-10 • Coaching Wk: 4-10 • Consumer Protection Wk: 4-10 • National Leadership Wk: 4-10 • Publicity for Profit Wk: 4-10 • Just Say No to Powerpoints Wk: 5-9 • School Counseling Wk: 5-8 • Rejection Risk Awareness Wk: 7-14 • Love Makes the World Go Round; But, Laughter Keeps Us From Getting Dizzy Wk: 8-14 • Boy Scout Anniv. Wk: 8-14 | <ul style="list-style-type: none"> • Freelance Writers Appreciation Wk: 11-17 • National Family, Career & Community Leaders of America Wk: 11-17 • Jell-O Week: 11-17 • Heart Failure Awareness Wk: 11-17 • International Flirting Wk: 12-18 • Love a Mench Wk: 12-18 • Random Acts of Kindness Wk: 14-20 • Backyard Bird Count Wk: 16-19 • NBA All-Star Wk: 16-18 • National Engineers Wk: 18-24 • National Pancake Wk: 18-24 • Telecommuter Appreciation Wk: 2/25-3/3 |
|--|---|

FEBRUARY MONTHLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • African American History Month • AMD/Low Vision Awareness • American Heart Month • Bake for Family Fun Month • Boost Self Esteem Month • Expect Success Month • Festival of The Camellias Month • Fabulous FL Strawberry Month • Learn Italian Month • Library Lovers Month • National Bird Feeding Month • National Black History Month • National Cherry Pie Month • Children's Dental Health Month | <ul style="list-style-type: none"> • Get To Know and Independent Real Estate Broker Month • Parent Leadership Month • Pet Dental Health Month • Senior Independence Month • Time Management Month • National Weddings Month • NC Sweet Potato Month • Plant Seeds of Greatness Month • Relationship Wellness Month • Return Shopping Carts to the Supermarket Month • Wise Health Care Consumer Month • Youth Leadership Month |
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Going to Work for Yourself? Plan Ahead

Are you thinking of striking out on your own and joining the growing ranks of the self-employed? It's an exciting — and possibly a little scary — prospect. But you can remove some of the fear by doing whatever you can to prepare yourself financially for life as an entrepreneur.

What steps can you take? Here are a few to consider:

- Save as much as you can. Ideally, you would want to have a couple of years' worth of living expenses saved before you go solo. But that's a pretty tall order for most people. And if you have a spouse earning a good income, you may have less need to put away a large sum. Nonetheless, it's almost always a good idea to save as much as you possibly can before becoming your own boss.
- Think twice before cashing out a retirement plan. If you're leaving a job that provided you with a 401(k), 403(b)

or 457(b) plan, you might be tempted to cash out your account to help pay for the transition to the world of self-employment. However, try to avoid this move. By liquidating your employer-sponsored plan, you will face early withdrawal penalties if you are younger than 59-1/2, and income taxes, too. Just as importantly, you will be depleting a valuable resource for your retirement. If at all possible, try to find other sources of income. For example, you may want to consider a home equity loan; interest rates on these loans are usually competitive, and your interest payments may be tax-deductible. Be aware, though, that you will be using your house as collateral, so make sure you can afford the payments.

- Consider opening a new retirement plan. Once you make the jump to self-employment, start thinking of what type of retirement plan you might want to choose. Fortunately, you have some attractive options that offer both tax advantages and a wide range of investment choices. If your business has no employees except yourself and possibly your spouse, you may be able to establish a SEP IRA or an "Owner-only" 401(k). If you will have employees, you might want to consider

a SIMPLE IRA or a "Safe Harbor" 401(k).

Your tax adviser and investment professional can help you choose an appropriate plan.

- Pay yourself a regular "salary." Depending on what type of business you are opening, you may well experience an uneven flow of income — which could, at times, force you to dip into your long-term investments to help you meet your daily and monthly expenses. To avoid this potential problem, consider paying yourself a regular "salary" out of your business's earnings. It's crucial that you live on a pre-agreed amount — even if the only person you have to agree with is yourself. Too often, entrepreneurs use up one month's "paycheck" and then have nothing left in the next "down" month. But if you have the discipline to stay within the income you've allotted yourself, and your business succeeds, you should eventually build up a cash cushion that can be used for emergencies or investments.

Your career as an entrepreneur can be rewarding in many ways — and you'll enjoy it even more if you make the right financial moves. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

SUDOKU REALLY HARD

Instructions on page 21

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				9	8			2
			5			3	6	
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7	6						3	8
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	5	6			7			
	3		6	2				
8						9		

Mower Than a Greeting Card

My friend Mark and I work in a lawn-mower-parts warehouse. Somehow Mark got the idea that his wife did not want a card on Valentine's Day, but when he spoke to her on the phone he discovered she was expecting one. Not having time to buy a card on his way home, Mark was in a quandary. Then he looked at the lawn-mower trade magazines scattered around the office -- and got an idea. Using scissors and glue, he created a card with pictures of mowers, next to which he wrote: "I lawn for you mower and mower each day." Mark's wife loved it. The card immediately graced their refrigerator door.

Irresistible Irony

About a year had passed since my amicable divorce, and I decided it was time to start dating again. Unsure how to begin, I thought I'd scan the personals column of my local newspaper. I came across three men who seemed like they'd be promising candidates. A couple of days later, I was checking my answering machine and discovered a message from my ex-husband. "I was over visiting the kids yesterday," he said. "While I was there I happened to notice you had circled some ads in the paper. Don't bother calling the guy in the second column. I can tell you right now it won't work out. That guy is me."

Cheap Family

continued from page 1

Arizona. He's enjoying spending time being a dad while writing and working from home.

Steve wasn't always financially disciplined, but is a living testimony that right brained creative types can learn to manage money. In 1981, the week before he was to leave on a motorcycle trip, he received an unanticipated motorcycle insurance bill. He drained his bank account to pay the bill and with just enough money left for gas and food left on his trip. A few days later, while driving through the Colorado mountains during a stormy downpour he slid off a rain slickened road. The motorcycle was laid down and flipped while he and his backpack were thrown clear. Miraculously, he sailed off the motorcycle, did a diving somersault between several trees and rolled down a soft embankment. Though a little bent-up, the motorcycle was still drivable, so he completed his vacation. Of course when he returned home, he did what any man would do after surviving a near-death experience—he proposed marriage to Annette.

Steve and Annette live in Scottsdale, Arizona with four kids at home—one lives on his own. They publish the HomeEconomiser Newsletter,

have been profiled on TV and radio and in newspapers and magazines worldwide. They are seasoned seminar speakers and travel with their kids, as America's Cheapest Family, working to convince the world that a frugal lifestyle can not only get you right on the money, but also help you cash in on your dreams!

Our list of titles keeps increasing. In the past few years we've been called:

- America's Cheapest Family
- The First Family of Frugal
- America's Most Frugal Family
- The Thriftiest Family in the US
- Tight as can be and Proud of it!
- Economical Economides'

Annette's earned a few special titles too:

- The Mavin' of Savin'
- The Diva of the Discount

America's Cheapest Family and The HomeEconomiser Newsletter are dedicated

to encouraging you to find creative ways to live within your means, avoid debt with a smile, and achieve goals you never dreamed possible.

Over the years we've accomplished some above average things on a modest income. It took us 9 years to pay off our first house - on an average income of \$35,000. We currently spend \$350 on groceries for our family of seven, and have never had debt of any kind except for a home mortgage.

Our articles are written from our life experience and that of people we have helped over the years. Our book, America's Cheapest Family Get's You Right on the Money and each issue of the HomeEconomiser newsletter provide a dose of encouragement to resist consumerism and to keep economizing!

Visit America's Cheapest Family at: www.americascheapestfamily.com **FPT**

Making the Grade

My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a valentine from the teacher. It read: "Thank you, but it's still BE MINE-US."

25 Truths of Life

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think, they don't do it very often.
3. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
4. Artificial intelligence is no match for natural stupidity.
5. If you must choose between two evils, pick the one you've never tried before.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and

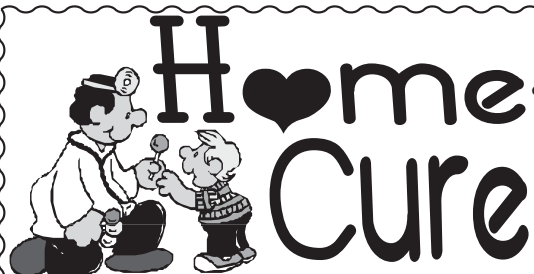
opposite government program.

10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all of your other parts feel so good.
13. Eat well, stay fit, die anyway.
14. Men are from earth. Women are from earth. Deal with it!
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept

for years and throw away three weeks before you need it.

20. There is always one more imbecile than you counted on.
21. Experience enables you to recognize a mistake when you make it again
22. By the time you can make ends meet, they move the ends.
23. Thou shall not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the real world.
25. It ain't the jeans that make your butt look fat.

www.mybusinesshasnowwebsite.com



Try one of these:

Wart Removal

Apply vitamin E oil to the surrounding skin, then crush a clove of raw garlic, place it on the wart, and cover it with an adhesive bandage. The raw garlic causes a blister to form, and the wart generally falls off within a week. Apply vitamin E oil to the area to help it heal.

- Chop one raw onion in a dish, cover with salt and leave overnight. Apply the resulting juice to the warts twice a day, until warts disappear.
- Cut fresh pineapple into thin slices. Apply to warts several times a day until they are gone.
- Apply the milky juice exuding from the stems of figs and leaves..

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

Say What?

"Don't look a gift horse in the mouth"

What does that mean?

Don't be ungrateful when you are given a gift.

Where did it come from?

This is what's known as a short and expressive saying or phrase known as a proverb. Proverbs are phrases in common use, which are recognized as passing on some accepted truth or useful advice.

This proverb came about because as horses get older and they are not worth as much their teeth begin to project further forward so their age can be estimated by checking how prominent their teeth are. "Don't look a gift horse in the mouth" means: when given a present, be grateful for your good fortune and don't look for more by examining it to evaluate its value. As with most proverbs the origin is ancient and unknown. This one seems to have some clues though. The phrase was originally "don't look a given horse in the mouth" and first appears in print in 1546 in John Heywood's A dialogue containing the number in effect of all the proverbs in the English tongue, where he quotes it as: "No man ought

to look a given horse in the mouth."

Heywood was employed at the courts of Henry VIII and Mary I as a singer, musician, and playwright. His Proverbs are a comprehensive collection of those known at the time and include many that are still with us:

- Many hands make light work.
- Rome wasn't built in a day.
- A good beginning makes a good ending.

These were expressed in the literary language of the day, as in "would yee both eat your cake, and have your cake?", but the modern versions are their obvious offshoots. Most likely we cannot attribute these to Heywood himself. It's more likely

that he collected them from common jargon. He can certainly be given credit for introducing many proverbs to a wide and continuing audience and that includes one that Shakespeare later borrowed - All's well that ends well.

FPT

SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle.

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

PARENTING

Chaos in the Kitchen? Tips For Getting Your Children to Eat

(NU) If picky eating were an Olympic sport, would your child be the gold medal winner?

If so, you're not alone. Many parents find that their children consistently place first in the "you can't make me eat that" category and excel at pushing food around their plate.

How can you turn mealtime into a family-friendly hour as opposed to an all-out war? Here are some suggestions:

- Be patient. Don't try to force your children to eat if they refuse to finish their



meal. By creating drama in the kitchen, you set a bad tone for the future. Kids will automatically think of mealtime as a negative experience and will only become more reluctant when it comes to eating. Be persistent by offering a variety of foods along with those you know they like. As new foods become familiar, your children will be more likely to try them.

- Remember, timing is everything. In the midst of a dinner time showdown, children don't want to hear all of the reasons why they should eat the food sitting on their plate. Try to incorporate nutrition education during other parts of the day. Bring up the issue during story time, play time

or television time - not in the middle of a temper tantrum over broccoli.

- Look for "fun" foods. Scan the supermarket for foods that you know kids would enjoy. Want to get your kids to try seafood? Products like Gorton's Popcorn Fish, bite-size fish coated in a crispy batter, appeal to children because of their fun shape and kid-friendly taste. Serving fish in this manner early on will encourage your children to keep an open mind about eating different kinds of seafood in the future.

- Set an example. While the focus may be on getting your kids to eat what is on their plate, it helps to look at your own eating habits as well. Children learn by example and often want to eat what they see grown-ups eating. Make a point to let them see you eating and enjoying the same foods you are serving them. **FPT**

Over-the-Web Tax Returns - Are they Secure?

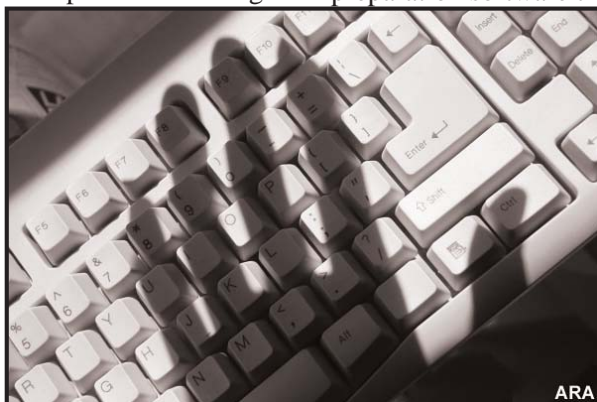
Most Americans view their tax return as a document that represents all things financial to them - containing both personal and financial information for all household members. As the Internal Revenue Service

(IRS) attempts to motivate Americans to electronically file their tax returns, the future can seem a little scary for the millions of taxpayers who have continued to prepare their tax returns manually. Of those taxpayers who have decided to

take the plunge and use Web-based tax preparation software this year, many

wonder, "How secure are my tax records?"

There are several things you should know to help keep your information safe as it relates to using a computer to



ARA

prepare and e-file a tax return.

1. Update your computer's virus protection software -- install patches for its operating system and software programs to defend against intruders, viruses and spyware that can compromise files and passwords. While doing this, you may even want to consider scheduling automatic virus scan updates.
2. Only store financial information on your

computer that is necessary; and, protect access to your programs by using something called a "strong" password -- a combination of letters and numbers (upper and lower case) to ward off possible identity thieves. A good way to create a strong password is to come up with a memorable phrase. For example, "I ward off danger, by practicing safety first, becomes 1W0DBPSF.

3. Never use an automatic login feature to populate user name and password fields -- features such as these help thieves gain access to your personal information.

4. Use a firewall program if you use a high-speed Internet connection like cable, DSL or T-1 that leaves your computer connected to the Internet 24 hours a day. Without it, hackers can take over your computer, access the personal information stored on it, or use it for other fraudulent purposes.

5. Never open files, click on hyperlinks or download programs from people or companies you don't know. Also, be aware that some popular file-sharing programs can make your computer vulnerable -- enabling others the ability to capture passwords and other information you type from your keyboard.

6. Prior to sharing information or making a purchase, look for indicators that the site is secure. For example, at the bottom of the data entry screen, check to make sure a lock icon appears on the browser's status bar (usually located at the lower right-hand portion of your screen or in Internet Explorer 7 at the top next to the address bar) or the URL for a Web site is displayed as

Please see "Web Tax" page 10

Vote For The BEST HAMBURGER IN THE TRI-CITIES and WIN!



Who serves the BEST burger in the Tri-Cities??? We are sure there are many opinions on the subject.

Everybody loves a good hamburger.

Even vegetarians love a good vege-burger that's why we are going to let you vote. We

ask that you only vote once but every member of your family may vote. You do not have to agree. Dad may think

Hamburger Bob's has the best burger and little sister Debbie may think the best burger comes from John's Casa De beef. Maybe you don't know yet. Now

is your chance to try some places and pick one. If you want to also include how their French Fries rate that would be great. We will take votes until February 25th and then announce the winner in the March issue. The winning burger place will get an official "**Family Pastime Magazine Best burger in the Tri-Cities**" certificate and everyone who enters a vote before the deadline will be registered for a drawing to win dinner for the family (burger, fries and drink for up to 4) at the winning restaurant! You may send in the form below or vote online at www.familypastime.com. Help us find the **BEST BURGER IN THE TRI-CITIES** and enter to win!!!! **FPT**

Who Makes The Best Hamburger in the Tri-Cities? VOTE AND WIN DINNER FOR 4

Everyone who enters a vote before the February 25th deadline will be registered for a drawing to win dinner for the family (burger, fries and drink for up to 4) at the winning restaurant! **(PLEASE PRINT)**

The **BEST** burger in the Tri-Cities is served at: _____ Located in (City) _____

The name of the burger is (such as "The big bam beef" or the "Special Cheese burger", etc.): _____

Any special instructions (such as "extra pickles" or no onions): _____

French Fries here are: rate 1 -10 (10 is best 1 is worst): _____

Other Information (PLEASE PRINT)

Name: First _____ Last _____ Street _____ City _____ Zip: _____

Phone: _____ E-mail: _____

AGE RANGE: (please check one)

Under 12 ___ 13-18 ___ 19-25 ___ 26-29 ___ 30-39 ___ 40-49 ___ 50-59 ___ 60 or over ___

Where I get my copy of **Family Pastime Magazine:** _____

My favorite feature in **Family Pastime Magazine:** _____

Something I would like to see in **Family Pastime Magazine:** _____

ONE ENTRY PER FAMILY MEMBER PLEASE Download more forms or vote online at www.familypastime.com
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place like
HOME school

Reading FUNdamentals ~ Inspiring the Joy of Reading in Your Kids

By: Lisa Baughn

with great books.

"You'll be the same 5 years from now, except for the people that you meet and the books that you read!" said Mark Hamby, a great homeschool dad who encourages parents to read to their children. Although a school principal and educator, Mark hated to read his entire adult life, until he discovered living books.

One of the most exciting foundations we can build is to instill a love for great literature that transports our families over time and space, adding richness to life that can never be taken away. For some children, reading comes easily, for others it is the ultimate challenge and struggle, taking years to master. Our goal should be to inspire a love of reading, which will translate into a lifetime of new worlds opened.

Reading has to be enjoyable to build lifetime readers. Our attitudes can make or break our children's enjoyment of reading for a lifetime, so it needs to be an area of great caution. It is possible to raise great readers who hate to read and refuse to read beyond assignments. Children who hate to read will never understand the true joy of learning, because reading is mechanical and is a chore to be suffered through. You can accomplish this by forcing boring books on your children, never letting them choose their own. Forced reading times with bad books will kill it, as will never developing a passion for books yourself! Children are born with an innate love of learning; it is up to parents to nurture it

The best way to inspire a passion for reading is by filling their lives with fabulous, well-written, beautifully illustrated books that capture the imagination. So many modern books are "twaddle" or dumbed-down words on pages that mean nothing, filled with ugly pictures. Children quickly get bored with that, as do adults. If you want to encourage your child, wean out the twaddle and replace it with real "living books." Living books open a whole new world to readers, with engaging stories, real characters who live and die, who make you laugh and cry, ache and rejoice. Great literature builds wisdom and character, inspiring your children to scale new heights, to charge forward into life, to become better people. They are full of heroes and mentors, people just like your children who do amazing things. It is the opposite of a dry, boring, tasteless textbook or poorly written twaddle. A living book leaves you a very different person than it found you.

I always think of POW camps, and the stories of POWs sustained through remembering the great stories of their childhood. Would I rather equip my children with technical textbooky facts, or a rich imagination that will sustain them for a lifetime?

Where on earth can you find living books in a world full of mush? Libraries are full of them, for FREE! There are wonderful guides to children's literature that will help parents find books of all kinds. Honey for a Child's

Heart by Gladys Hunt is chock full of book descriptions for all ages, fables, folktales, fairy tales, history, tales of chivalry and kings historical fiction and more. Elizabeth Wilson's, Books Children Love A Guide to the Best Children's Literature will help parents make wise decisions to shape your child's reading. Parents will be delighted to find some of their favorites from childhood. You can get many of them on CD and children can listen anytime, anywhere. Sharing good books open so many windows into your child's soul, don't miss out. It is never too late to start sharing the best in literature.

Even in this technological age, nothing can ever replace the complete satisfaction of curling up with a good book. Choose well! Read often. Enjoy books with your children. Inspire their hearts, minds and imaginations with living books! Besides, do you really want to be the same 5 years from now that you are today? **FPT**

Lisa and her husband Dave Baughn moved to Gray, TN, in April of this year, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 7 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling. You can e-mail them to homeschooling@familypastime.com

Home School Camp
Hands On Museum: February 5-9 -
Ages 7-11, daily 1-3 pm. Engage in art, science, and cooking activities. \$60 for members/\$75 non-members. Must be age 7 on or before first day of camp. Healthy snack is each day included.. Pre-registration required at 434-HAND.

www.mybusinesshasnowwebsite.com

Web Tax continued from page 7

"https:" (the "s" stands for secure instead of just http:).

7. Always type the URL of the Web site you want to visit into your browser -- don't click on links that are sent to you. Another precaution is to click a site's VeriSign Seal. By following these two guidelines, you can be confident you are trafficking an authentic site -- not the work of some imposter trying to deceive you into divulging your confidential passwords or other information.

Stephanie Behrends, spokesperson for 2nd Story Software, Inc., makers of the popular TaxACT tax preparation software and Web-based services advises, "Before you share any information or make a purchase online, take time to read that company's

privacy and safeguard policies. A Web site should answer questions regarding: security, how information collected will be used and maintained, if information will be shared with third parties, as well as who controls and has access to information collected by the site. If you find a site's policies to be confusing or it fails to specify information upfront, follow-up is necessary or consider doing business online elsewhere."

The IRS warns taxpayers to be on the lookout for fraudsters who use the agency's name to further their schemes. If you receive an e-mail that appears to

have been sent by the IRS, think again. The IRS does not ask people for PIN numbers, passwords or similar secret access information for their credit card, bank or other financial accounts -- by phone or e-mail. The bottom line: The IRS does not solicit this information -- don't share it!

So, what should you do if you suspect your identity has been stolen? Visit the Federal Trade Commission's Web site (<http://www.ftc.gov/bcp/edu/microsites/idtheft/>) for detailed instructions about how to handle the aftermath of identity theft. **FPT**

Courtesy of ARA Content

Unique Valentine's Day Gifts From Diamonds to Doors

With Valentine's Day spending topping \$13 billion annually, according to the National Retail Federation, consumers are willing to prove their love with their pocketbooks. And they want to "say it" with gifts that last longer than cut flowers and are more meaningful too.

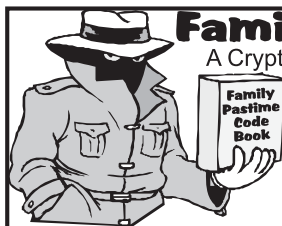


an unexpected trip to visit family, a surprise weekend getaway for a spouse and his or her friends. Make an improvement. Companies like JELD-WEN are packaging home improvements to make them attractive as gifts. Try the JELD-WEN Custom Carved door for Valentine's Day. Call (877) 535-3462 or visit www.jeld-wen.com for more information. Support a worthy cause.

With the increasing emphasis on heart health, especially for women, many national nonprofit organizations are offering gift items that give back.

- Personalize it. Whether the gift is a diamond or a door, add an element to the gift itself that symbolizes the recipient as a person or relates to his or her life experience. **FPT**

Courtesy of ARA Content



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which.

DJH TXU'W MHW X MYSTP WXN JU

RJBP, VHW DJH TXU JU XRR

SWI XTTPITIJYSPI. ~Melanie Clark

If you need a clue look on page 18. Look for the answer next month.

Hard answer from last month

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

Sudoku Easy Answer From last month

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



Smart Pet Tag

Tucson, Arizona – Top Tag Pet ID makes sure your pet’s needs are met, even if you aren’t around.

According to Peter Norback, co-founder and co-owner of Flash Drive Publishing, Inc., “Top Tag is the first complete-care pet ID tag. The super small 64MB flash drive comes in a waterproof case and attaches to collars, aquariums, bird cages, horse stalls and more.

The program on the flash drive is filled with easy-to-access information and photos. With Top Tag you can write, organize, store and retrieve all of your pet’s important care information. So whether your pet’s at home or lost, Top Tag Pet ID helps friends, Vets, kennels, pet sitters and rescuers quickly understand how to provide the best care for your pet.”

Top Tag Pet ID—a user-friendly computer program—is as easy to use as e-mail. There are 7 major categories and 14 subcategories of pet care information.

Top Tag covers the complete life span of a pet—and in addition to documenting standard pet care information—Top Tag lets owners list and describe all those extra special things they do for their animal companions.

This program tries to make it easy for pet owners to include all of the essential

care and nurturing information on their pets. Even if a pet has a unique situation, the pet owner can use the Additional Comments box that appears at the end of each section to explain the care procedures in full detail. Top Tag is complete pet protection in a digital form, yet it is priced reasonably at \$39.95,

Navigation of the program is by a simple mouse click. You do not have to know anything about the program to fill in the information successfully.

First time users will be surprised at how easy it is to use a USB flash drive.



Bill Roach, the other Flash Drive Publishing, Inc. founder and owner believes that Top Tag fills a major void in caring for a pet when the primary caregiver is suddenly out of the picture. “Prior to Top Tag,”

Bill says, “pet owners hoped their family or friends would take care of their pets when they were unable. This care handoff was often a hit or miss situation. Making matters worse for pet owners, today there are more medical needs with the rise of allergies and other health issues. With Top Tag, pet owners can now record their specific care and nurturing instructions and count on Top Tag to relay the information to any number of caregivers.”

In addition to storing information, one can print out pages

or the entire fact sheet. This is an especially useful feature if you have a pet sitter.

It also has a backup and restore function. If your Top Tag Pet ID is damaged, you may purchase a new one and download all of your pet’s information simply by inserting the new Top Tag and clicking on Restore. Also, this function is advantageous for multiple dog, cat, or bird owners. Instead of retyping your contact, Veterinarian and other duplicate information, complete the fact sheet for one pet and click on backup. Then insert a new Top Tag Pet ID and click on Restore. All you have to enter is the specific information for the new pet.

One of the most useful and fun features of Top Tag Pet ID is the Photo Album. The authors suggest the user scan or digitally photograph important documents such as AKC Certificates, AKC Certificates of DNA Analysis, rabies shot records, etc. Also, they recommend you shoot a digital picture of the can, box or bag of pet food you feed your pet. Not leaving anything to chance, they even encourage before and after grooming photos.

Find out more at www.toptagpetid.com
FPT



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FATHER KNOWS BEST

By Chris Joker

Sunday afternoon I asked my daughter about her Greek project for school. Out of the four options she had chosen Greek foods. She was to make a recipe book of 10 Greek foods and prepare one to share with the class. "O.K., how much have you done already?" "Well, Mom has a greek recipe book and I looked at some of the recipes." "Good, where's the book?" "At Mom's." "HELLO INTERNET." So we go to my computer and



logon. Nothing. I re-boot. Nothing. I reset the modem, the router, unplug and re-plug every cable, I let the dog out, change the batteries in the remote and stand on one foot while giving praise to Microsoft and Google. The Greek gods of the computing and the internet, respectively. NUUUUHING!!!! "Honey, When is this due?" "Wednesday." "How long have you known about it?" "I think I found out about it last Tuesday" "Well, thank goodness you have already done all that work of looking at that Greek cookbook. Heck, you're halfway finished. Go play while I try to work out these Internet issues." I now call my Internet service provider who informs me that my modem is not working. Genius! I'm so glad he knew the problem. "So what can we do?" "I can have a tech out there Monday. Is morning or afternoon better?" "Morning, the earlier the better" "He will be there sometime between 8:00 am and 1:00 pm". In my mind I am convinced he will be at my house on his way to work at 8:00. We

Its All Greek To Me

can still do this. The project is not due until Wednesday. That gives us two days to pull it off.

Monday. Surprise, my son is sick and must stay home. I begin to juggle. By Noon there is no Internet guy, no call. I go through my whole re-booting, unplugging, yadda, yadda routine. Something worked (personally I think Microsoft and Google took pity on me). Not one to look a gift horse in the mouth, I begin downloading Greek recipes like a mad man, a mad Greek man actually, which is very apropos since it seems

to me that a lot of Greek restaurants are called "Mad Greek" Why is that? Why are they so mad? Anyway I want to have a large supply of recipes for my daughter to choose from so if by some reason the information super highway is unavailable when she is. Monday afternoon, she sorts through the recipes and finds 10 she likes. Then she says, "I need pictures". "Pictures?... great." Back to the computer. We have connectivity. We search and find pictures for

everything but Souloudiko. No problem it has orzo and tomatoes. We find something that might sort of look like Souloudiko. My daughter starts editing her book. All is well in the world.

She gets five recipes prepared and it's bedtime. We discuss finishing tomorrow. She chooses Pita as the dish she would like to prepare and serve. We have all the ingredients except "Bread" flour and Yeast. I plan to buy those at the store while she is a school Tuesday.

Tuesday, My son feels better so he returns to school. I have an 8:00 meeting three

Please see "FKJ" on page 22

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Groundhog Day

Groundhog Day is celebrated in the United States and Canada on February 2 each year. Tradition states that if a groundhog emerges from its burrow and sees its shadow on this day, winter will continue for six more weeks. If, however, it is a cloudy day and the groundhog sees no shadow, winter will soon end.

The irony of this is that spring arrives approximately six weeks from that day anyway. Most likely, this began as folk humor, in the same vein as the old saying "six of one, half a dozen of another".

In any case, many people who look for any reason to celebrate, and who are also weary of the winter weather, find a bit of fun in the annual event. Several communities even have newsworthy events each year, which typically feature groundhog characters that have been named for the occasion. Probably the most well known of these characters is Punxsutawney Phil in Punxsutawney, Pennsylvania. Punxsutawney held the first Groundhog Day celebration on February 2, 1887. News reporters gather each year to document the festivities and to announce the pending weather verdict to the world. Other groundhog characters include General



Punxsutawney Phil

Photo By: Alan Freed/Punxsutawney Chamber of Commerce

Beauregard Lee in Atlanta, Georgia, Warton Willie in Ontario, Canada and Staten Island Chuck in New York City.

Groundhogs, also commonly known as woodchucks, are a type of marmot that thrives in open areas. Groundhogs dig burrows, where they sleep, hibernate and raise their

young. Hibernation is what is important to Groundhog Day. You see, theoretically, the groundhog is emerging from its burrow to see if it is time to come out of hibernation or not. If the day is sunny (producing a shadow), it is more likely to be cold in February, and when the groundhog pops out of its burrow, the cold temperature tells it to go back into its burrow to hibernate some more. Hence, more winter yet to come!

Although Groundhog Day is celebrated primarily in the United States and Canada, its roots began in Europe. On that day, a Christian holiday called Candlemas, involved another animal and its shadow - the hedgehog. When the Pilgrims carried the tradition to America, they couldn't find a hedgehog, so they substituted the groundhog instead. And thus was born the Groundhog Day tradition. **FPT**

Thanks to www.groundhogday-corner.com for this information.

Q: What would you get if you crossed February 2 with a puppy?

A: Ground-dog Day!

Q: What happened when the groundhog met the dogcatcher?

A: He became a pound hog!

Q: What happens if the groundhog sees its shadow?

A: We'll have six more weeks of splinters!

Q: Why was the groundhog depressed about his den?

A: He was having a bad lair day!

Q: What would you get if you crossed February 2 with a Christmas drink?

A: Ground Nog Day!

Q: What's green, has four legs, and jumps out of its hole on February 2?

A: The ground frog!



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and include, but are not limited to, increased muscle strength, balance, coordination, trunk control, flexibility and fine and gross motor skills. Cognitive skills such as increased attention span, motivation, vocabulary, memory and concentration are being developed while the students are building self-esteem, acceptance of their disability, and the ability to work with others.

For more information on our program, to learn how to volunteer or to schedule a tour, please call (423) 349-1111. **FPT**

Q. What did the boy elephant say to the girl elephant on Valentine's Day? A. I love you a ton!
Q. What did the boy bat say to the girl bat on Valentine's Day? A. You're fun to hang around with!

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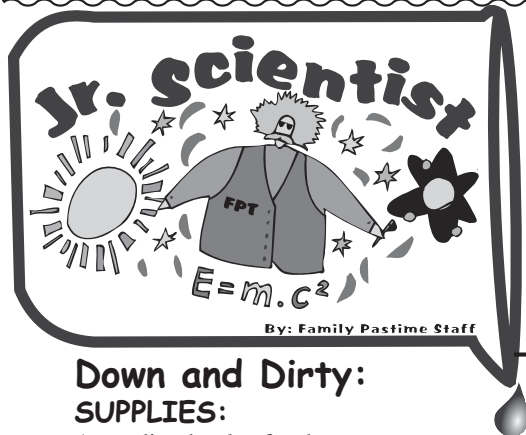
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Mentos/Diet Coke Soda Geyser

By now you have probably heard of the Mentos candy and Diet Coke fountain phenomenon. If not you may want to check out the Granddaddy of all Mentos/Diet Coke experiments at www.eepybird.com/exp214.html. This experiment used 251 two-liter bottles of diet Coke and 1506 Mentos mints. When the Mentos hit the Diet Coke (any soda will work but Diet Coke seems to work the best and the diet version is less sticky than the sugary version) they cause the rapid release of CO₂ gas. The released gas rapidly increases the pressure inside the bottle, forcing the liquid out through whatever opening it can find. We will present two options for making your "Soda Geyser". The first is more "down and dirty", and when we say dirty, that's what you will be. The second is more precise and requires more preparation. **BE SURE TO CONDUCT THESE EXPERIMENTS OUTSIDE!**



Down and Dirty: SUPPLIES:

- A two-liter bottle of soda
- A pack of Mentos (mint flavored)
- A piece of paper
- Tape
- An index card

HOW TO:

1. Using the paper and tape, make a tube so that the Mentos just fit in it snugly (6-9 Mentos works great).
2. Put an index card under the tube, and fill the tube with Mentos.
3. Open the two-liter bottle.
4. Hold the tube upright with one hand and the index card under it with the other.
5. Put the tube with the index card under it on top of the two-liter bottle and align the tube with the opening in the bottle. (DO NOT LET THE MENTOS FALL IN----YET).
6. Hold the tube tight and quickly remove the index card so that all of the Mentos fall into the bottle at once.
7. **RUN** (Anyone or anything in the path of the spray WILL get soaked. Have goggles and do not perform inside).

Down and Not So Dirty SUPPLIES:

- An extra 2-liter bottle cap
- 6-9 Mentos (Mint flavored)
- A new unopened 2-liter bottle of soda
- Dental floss, fishing line or thread
- Either: Nail and Hammer or a drill
- Clothespin, chip clip or tape
- Open space

HOW TO:

- Make a hole in the center of the extra bottle cap using hammer and nail or the drill.
- Make a hole in the center of all 6 Mentos
- String the Mentos together with floss, fishing line or thread.
- Tie a knot on one end of the floss so the Mentos don't fall off. (You may want to actually tie the floss back to itself around the last Mento)
- Put the other end of the floss through the hole in the bottle cap.
- Use the clothespin, chip clip or tape to hold the string of Mentos tightly against the inside of the cap
- You will have to drink or otherwise dispose of enough of the soda that the Mentos won't touch it when you put the cap with them tied onto it back on the bottle.
- Carefully lower the Mentos attached to the cap into the bottle and screw it on.
- Now comes the fun part. Yank off the clothespin (chip clip, or tape) so that the Mentos on the floss fall into the bottle.
- **RUN**
- A lovely geyser of soft drink will now be shooting out of the hole in the cap.

HOW COME?

Gum arabic, the stuff that makes Mentos chewy, breaks down the surface tension that holds the water molecules together, which in turn, releases A LOT of gas! CO₂ gas. The released gas rapidly increases the pressure inside the bottle, forcing the

liquid to shoot out through the small hole in the cap.

Many scientists believe that the Mentos phenomenon is a physical reaction, not a chemical one. Water molecules strongly attract each other, linking together to form a tight mesh around each bubble of carbon dioxide gas in the soda. In order to form a new bubble, or even to expand a bubble that has already formed, water molecules must push away from each other. It takes extra energy to break this "surface tension." So the water "resists" the expansion of bubbles in the soda.

Now, when you drop the Mentos into the soda, the dissolving gelatin and gum arabic (the stuff that makes Mentos chewy) break the surface tension. This disrupts the water mesh, so that it takes less work to expand and form new bubbles. In addition, each Mentos candy has thousands of tiny pits all over the surface. These tiny pits are called nucleation sites, which just happen to be ideal places for carbon dioxide bubbles to form. As soon as the Mentos hit the soda, bubbles form all over the surface of the candy. In addition to this the candy is heavy so, they sink adding to the effect. When all this gas is released, it literally pushes all of the liquid up and out of the bottle in an incredible soda blast.

FPT

Bologna Cheese Dog**SUPPLIES:**

- 1 hot dog bun
- Mayonnaise
- Mustard
- 1 slice bologna
- 1 slice Cheddar cheese or string cheese stick

HOW TO:

1. Spread inside of hot dog bun with mayonnaise and/or mustard.
2. Roll bologna around cheese stick.
3. Place inside hot dog bun.

Breakfast Lasagna Recipe**SUPPLIES:**

- 4 cups cornflakes
- 2 cups minced watermelon
- 2 cups fresh blueberries, or sliced strawberries
- 2 cups vanilla yogurt

HOW TO:

1. Place one-third of the corn flakes in an even layer in the bottom of an 8x8 inch serving dish.
2. Mix together the fruit and yogurt
3. Spoon half of the fruit and yogurt over the corn flake layer evenly.
4. Sprinkle another layer of the corn flakes over the yogurt
5. Layer the remaining yogurt on top.
6. Sprinkle the remaining corn flakes evenly over the top.

Cheesy Ham Roll-Ups**SUPPLIES:**

- 1 eight-inch flour tortilla
- Mustard
- 1 piece of cooked ham, thinly sliced
- 1 slice of Swiss cheese
- 1/4 cup of finely chopped broccoli

HOW TO:

1. Chop 1/4 cup broccoli.
2. Spread mustard on tortilla.
3. Place slice of ham and slice of cheese onto tortilla.
4. Top with broccoli.
5. Tightly roll up tortilla
6. Put roll-up on a plate and place in microwave.
7. Microwave on HIGH for 1 minute.

Kid Friendly Recipes**Crunchy Tuna Melt Pizza****SUPPLIES:**

- 2 cans (6 ounces each) water-packed tuna, well drained and flaked
- 1/4 cup lowfat mayonnaise
- 1/4 cup plain yogurt
- 1 12-inch to 14-inch (16 ounce) pre-baked pizza shell
- 1 cup (4 ounces) Monterey jack or Havarti cheese
- 3/4 cup coarsely crushed potato chips
- 1/4 cup chopped or thinly sliced red onion for topping (optional)
- 1/4 cup chopped or thinly sliced green pepper for topping (optional)

HOW TO:

1. Thaw, if frozen, pre-baked pizza shell.
2. Preheat oven to 450°.
3. Measure 1/4 cup mayonnaise and 1/4 cup yogurt.
4. Place in small bowl.
5. Open cans of tuna and drain.
6. Add tuna to mayonnaise and yogurt. Mix until blended.
7. Place pizza shell on a pan.
8. spread tuna mixture evenly over pizza shell.
9. Shred 1 cup of cheese.
10. Crush potato chips over a small bowl. Measure out 3/4 cup of chips.
11. Chop red onion and green pepper. Measure out 1/4 cup of each.
12. Place cheese, potato chips, red onion and green pepper over tuna.
13. Bake for 8 to 10 minutes or until crust is crisp and brown.
14. ENJOY!

Q What did the stamp say to the envelope?

A Stick with me and we'll go places

Q What is a ram's favorite song?

AI Only Have Eyes For Ewe, Dear

CHICKEN AND BROCCOLI ALFREDO**SUPPLIES:**

- 4 to 5 cups broccoli florets (from about 1 large bunch)
- 2 tablespoons olive oil
- 4 skinless boneless chicken breast halves, cut crosswise into 1/2-inch-wide strips
- 1 large red bell pepper, thinly sliced
- 1 2/3 cups whipping cream
- 1 1/2 cups grated Parmesan cheese
- 1/2 cup grated Monterey Jack cheese
- 3/4 pound penne or mostaccioli, freshly cooked

HOW TO:

1. Steam broccoli florets until tender, about 3 minutes; set aside.
2. Preheat broiler. Butter 13x9x2-inch broiler proof baking dish.
3. Heat 2 tablespoons olive oil in heavy large Dutch oven over medium-high.
4. Working in batches, sauté chicken strips until cooked through, about 4 minutes.
5. Transfer chicken strips to bowl. Add sliced red bell pepper to Dutch oven and sauté until tender, about 5 minutes.
6. Add whipping cream, 1 cup grated Parmesan cheese and all of Monterey Jack cheese.
7. Simmer until sauce thickens slightly, about 5 minutes.
8. Add chicken strips and any juices in bowl to sauce.
9. Add freshly cooked pasta and steamed broccoli florets and toss until sauce coats mixture, about 3 minutes.
10. Season to taste with salt and pepper.
11. Transfer pasta mixture to prepared baking dish.
12. Sprinkle remaining 1/2 cup grated cheese over.
13. Broil until golden on top, about 3 minutes
14. Enjoy

AT

continued from page 1

wilderness through 14 states, 6 national parks, 8 national forests and numerous state and local forests and parks. Going north, it ends up on northern Maine's Mount Katahdin. In 2005 398 people were recorded as completing the total trail from start to finish in one long hike. They are called "Through Hikers". However, most people enjoy hiking sections of the AT rather than committing to a 6 to 9 month wilderness hike. In AT terms this is called "Section Hiking".

Section hiking is what my two sons and I enjoy in the spring and fall. The AT enters Tennessee from an entry point located in Spivey Gap North Carolina and exits the state on a section starting in Shady Valley, Tennessee and ending in Damascus, Virginia. The 125 mile Tennessee stretch of the AT can be completed in 13 sections that are as short as 3 miles to as long as 19 miles. The shorter sections can be completed as a day hike, while the longer ones will include a stay at one of the numerous primitive shelters on the trail, or setting up your own campsite.

While hiking the AT we have experienced the unspoiled beauty of our area of the state from its lush valleys and the tops of its mountains. We have hiked past pristine waterfalls, over clear gurgling brooks, through old growth forests and on top of barren mountains. Our adventures on the trail have included crisp sunny days, torrential thunderstorms, easy hikes and exhausting leg burning sections up steep mountain paths. Whatever the situation, these adventures have strengthened the bonds between my sons and me.

Besides experiencing unspoiled nature the other experience of the AT is meeting and visiting with the fascinating people

that are hiking it. These hikers are as varied as the world we live in; all walks of life, all ages from all over the world. Just to give you an idea how varied these hikers are; the oldest person reported to have hiked the entire trail in one long hike was an 86-year-old man back in 1975. The youngest was a 6-year-old boy in 1980 (not alone though). A blind man even completed the entire journey and today 25% of the hikers are women. Some of the hikers we have met have hiked the 2100-mile trail more than once and they ranged from people in their 20's to a 72 year old man on his third through hike.

There are lessons you may learn on the trail that are applicable to life in general. We have. For instance, I remember looking at a tall distant mountain that I knew was part of the section hike, but being so exhausted and sore that I couldn't fathom how I would make it to the top. But I did. And it wasn't by focusing on difficult climb ahead, but instead achieving smaller goals that brought me closer to the top; taking one step at a time and listening to the encouraging words from my son. That is a lesson for living. (By the way it takes about 5 million steps to complete the whole trail).

Our 3-day hike in October 2006 included lessons in teamwork. While my 50 year old out of shape body was failing me on a long steep climb carrying a 40 lb pack, one of my sons got behind me and pushed me up a difficult section of the trail. We were going to finish it together even if they had to carry poor old dad's backpack the final quarter mile! Another lesson

learned – when you are struggling you may not be able to overcome the difficulty alone, but with help from others you can.

Whether you do it alone or with your family, hiking on the AT will at a minimum build lasting memories and unforgettable experiences. If you are lucky you will learn lessons that will help you the rest of your life. The AT is virtually right in your backyard and it's free. So join us and the 3 to 4 million people that hike a portion of the trail each year. Get online or buy a book to learn how you can discover this Tennessee outdoor adventure. **FPT**

Rick Beaulieu is a Dad and owner of an Outdoor Connection franchise in Kingsport, TN. 423-247-3111 or www.HuntingAndFishingConnection.com.

Sweet Nothings (.com)
 My boyfriend and I met online and we'd been dating for over a year. I introduced Hans to my uncle, who was fascinated by the fact that we met over the Internet. He asked Hans what kind of line he had used to pick me up. Ever the geek, Hans naively replied, "I just used a regular 56K modem."

SUDOKU Medium
Instructions on page 21

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



Fun Family Events FEBRUARY

Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or

Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

- 1 Bubble Gum, Hula in The Coola, Robinson Crusoe, Women's Heart Health Day
2 Groundhog Day, Candelmas, Hedgehog, Imbolic, Self Renewal, Wear Red Day
3 Four Chaplains Memorial Day

Hands On Art Studio Craft Schedule: Discover how artists use lines to show emotion and make faces with different feelings.

- 4 **Super Bowl XLI**, Dump Your Significant Jerk Day, USO Day

Hands On Art Studio Craft Schedule: How artists show emotion make faces with feelings.

- 5 Move Hollywood & Broadway to Lebanon, PA, Weatherman's [Weatherperson's] Day

JCPL: Family Storytimes 6:30 PM

- Hands On:** Feb. 5-9 - **Home School Camp** Ages 7-11, daily 1-3 pm call 434-HAND.

Jonesborough Library 6pm card-stamp wkshop
6 Pay A Compliment Day, African American Coaches Day

JCPL: Mother Goose Lapsit (age 1) 9:30 AM - *Please Register

Two's Time (Age 2) 10:00 AM - *Pre-Register

Preschool Pals (age 3-5) 11 AM Pre-Register

K-1 Story Stretchers (K-1st-) *Pre-Register

Gray Library 6pm card-stamping workshop.

- 7 National Girls & Women in Sports, Wave All Your Fingers At Your Neighbor's Day

JCPL: Mother Goose Lapsit (age 1) 9:30 AM - *Pre-Register

Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

- 8 Boy Scout Anniversary Day, Laugh and Get Rich Day, Leadership Success Day

JCPL: Mother Goose Lapsit (age 1) 9:30 AM

- *Please Register

Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

K-1 Story Stretchers (K-1st-) *Please Register

Washington County Library - Jonesborough

"My Pyramid: Basic Nutrition Information"

6:30 p.m. - 7:30 p.m. FREE call 753-1800

9

- 10 Plimsoll Day, Pro Sports Wives Day

Hands On: Internet Safety 2 pm for parents and kids presented by Lakeridge Elementary PTA.

JCPL: Bilingual (Spanish/English) Storytime with Señor Fernando De Sousa 2 PM

Hands On Art: create a gift of custom designed coupons of kindness to give.

JONESBOROUGH the John Jorgenson Quintet at the Visitors' Center tickets available now

Lowes Johnson City Children build a Valentines mail box 10 am

- 11 Satisfied Staying Single Day, White Shirt Day, World Marriage Day

Hands On Art: Create a gift of custom designed coupons of kindness to give.

- 12 Darwin Day, Lincoln's Birthday, Lost Penny Day, Oglethorpe Day, Safety Pup Day

JCPL: Family Storytimes 6:30 PM Bruce Shawver as "President Abe Lincoln"

- 13 Black Love Day, Employee Legal

Awareness Day, Get a Different Name Day

JCPL: Mother Goose Lapsit (age 1) 9:30 AM

- *Please Register

Two's Time (Age 2) 10 AM Pre-register

Preschool Pals (age 3-5) 11AM Pre-register

B, C & Tea - Book, Craft & Tea (2nd - 5th) 4pm

- *Please Register

TEEN Game Night 6:30 PM - *Please Register

- 14 **Valentines Day**, Ferris Wheel Day, League of Women Voters Day, National Call In

Single Day, National Have a Heart Day, Race

Relations Day, Quirky Alone Day

JCPL: Mother Goose Lapsit (age 1) 9:30 AM

- *Please Register

Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

15 Susan B. Anthony Day, National Gum

Drop Day, Remember the Maine Day

JCPL: Mother Goose Lapsit (age 1) 9:30 AM

- *Please Register

Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

B, C & Tea - Book, Craft & Tea (2nd - 5th) 4pm

- *Please Register

16

- 17 My Way, National PTA Founders, World

Human Spirit, Who Shall I Be Day?

Hands On Art Studio Craft Schedule-Try to

guess the artist's intended meanings. Then create an image of your own with meaning.

Hands On: Play Fit Day 434-HAND or hands

on museum.org for more information.

- 18 Chinese New Year's Day

Hands On Art Studio Craft Schedule- Guess

the artist's intended meanings. Then create an

image of your own with meaning.

- 19 Chocolate Mint Day, Presidents Day,

Spunky Old Broads Day

JCPL: Family Storytimes 6:30 PM

20 International Pancake Day, Mardi Gras,

Northern Hemisphere Hoodie Hoo Day

JCPL: Two's Time (Age 2) 10 *Pre-Registration

Preschool Pals (age 3-5) 11 AM Pre-register

K-1 Story Stretchers (K-1st-) *Please Register

TEENS - Mardi Gras! 6:30 PM - *Please

Register

- 21 Ash Wednesday, International Mother Language Day, Single Tasking Day

JCPL: Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

MOMS Club of Johnson City every 3rd

Monday of the month at Munsey Memorial

United Methodist Church at 10 am. www.momsclubofjohnsoncity.com or call 423-218-

4661.

- 22 George Washington's Birthday, For The Love of

Mike Day, Introduce A Girl to Engineering

Day, National Chili Day

JCPL: Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

K-1 Story Stretchers (K-1st-) *Please Register

- 23 Curling is Cool Day, Iwo Jima Day

24 Open That Bottle Night

Hands On Art Studio Craft Schedule Using ancient

block-printing methods create a printing plate

from which unlimited prints can be produced for

applying on paper, fabric or other surfaces.

Lowes Johnson City Children build a race car.

25 **JCPL: Movie Theater** @ Your Library — Howl's

Moving Castle 2 PM

Hands On Art Studio Craft Schedule Using ancient

block-printing methods create a printing plate

from which unlimited prints can be produced for

applying on paper, fabric or other surfaces.

Hands On: Try-It Badge Day for Brownies 2-4

pm, complete two badges in two hours: Senses

and Around the World. The cost of Try-It Badge

day is \$6, Troop Leaders are free and one

adult chaperone per five Brownies is free. Pre-

registration in required; please call Hands On! at

434-HAND.

- 26 For Pete's Sake Day

JCPL: Family Storytimes 6:30 PM

27 Spay Day USA

JCPL: Two's Time (Age 2) 10:00 AM - *Pre-

Registration only

Preschool Pals (age 3-5) 11:00 AM - *Pre-

Registration only

- 28 Floral Design, Inconvenience Yourself,

International Pancake, National Tooth Fairy Day

JCPL: Two's Company (age 2) 10:00 AM

Preschool Storytimes (age 3-5) 11:00 AM

MARCH

Hands On Art Studio Craft Schedule - Construct a

human figure using repurposed packaging and

collected "found" objects like boxes, rubber

bands and bottle caps.

Crypto clue: c=t

Across

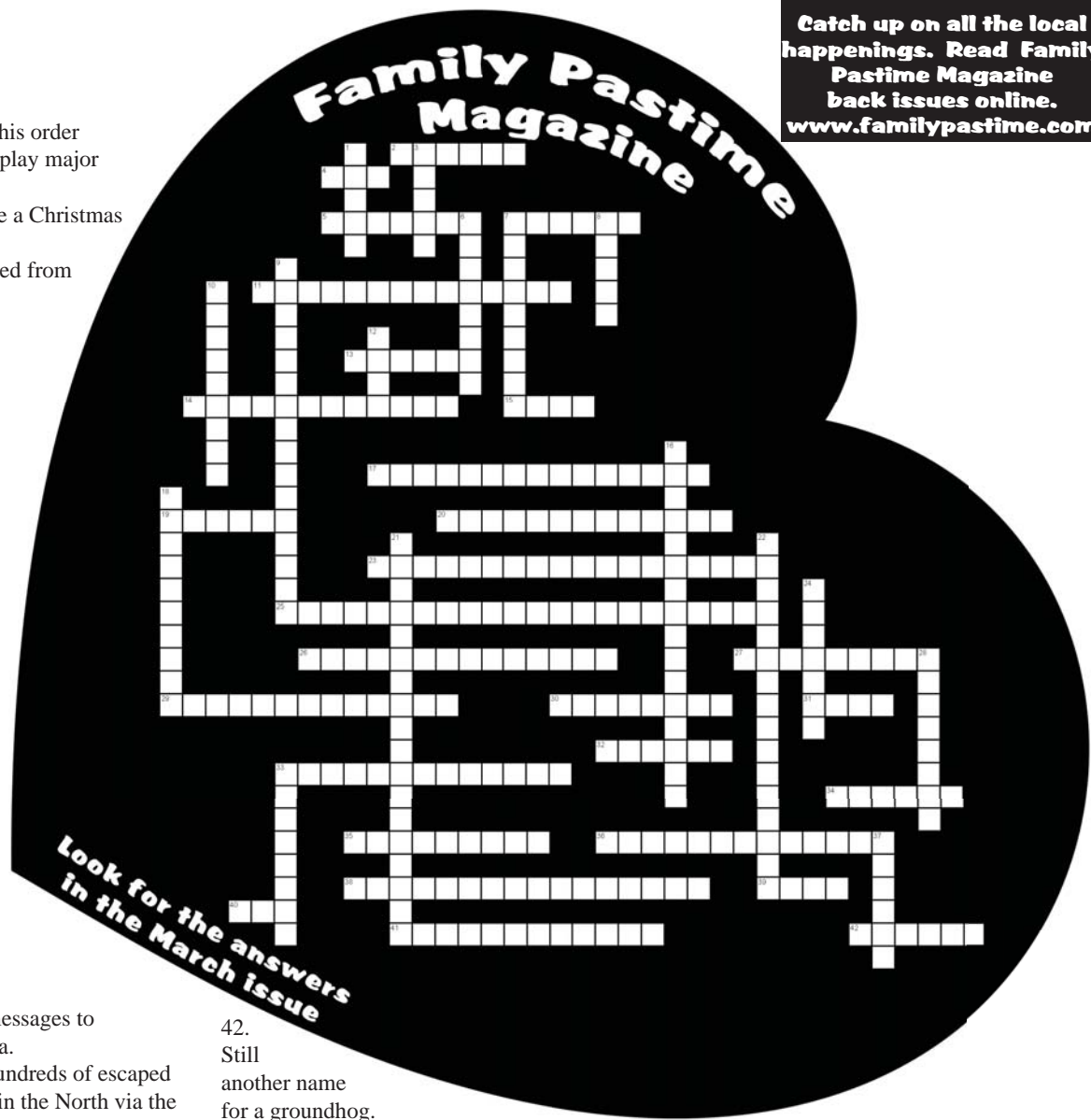
- 2. Cupid shoots these
- 4. Embrace
- 5. ----- are blue
- 7. The groundhog belongs to this order
- 11. First African-American to play major league baseball
- 13. First U.S. president to have a Christmas tree in the White House.
- 14. Ground hog day was derived from the ancient Christian celebration of this.
- 15. Got stuck in the White House bathtub.
- 17. Traditional Valentines gift often in a heart shape.
- 19. Former President and they make a pretty good vacuum cleaner too.
- 20. Covert devotee
- 23. The date Valentines Day is celebrated.
- 25. Scientist who developed hundreds of products from peanuts
- 26. 16th President
- 27. He served as Vice President to George Washington
- 29. Where Phil makes his yearly predication.
- 30. Birthplace of the greatest number of U.S. presidents
- 31. Bird that symbolizes Valentines Day.
- 32. Sailors used this to send messages to their lovers while at sea.
- 33. The woman who helped hundreds of escaped slaves flee to freedom in the North via the Underground Railroad?
- 34. The "Love apple".
- 35. Another name for a groundhog.
- 36. 21st president. He gets NO press so we thought we would throw him a bone.
- 38. Official groundhog in Pennsylvania.
- 39. Amore'
- 40. Made the first presidential flight.
- 41. How much longer will winter be if the groundhog sees his shadow?

- 42. Still another name for a groundhog.

Down

- 1. Roman God of love
- 3. ----- are red
- 6. The groundhog belongs to this family.
- 7. Youngest U.S. president to serve.
- 8. First president to visit all 50 states.
- 9. Great civil rights leader who won the Nobel Peace Prize and was assassinated in 1968?
- 10. The woman who refused to give up her

- bus seat, prompting a citywide bus boycott
- 12. A smooch
- 16. Father of our country
- 18. Yet another name for a groundhog.
- 21. How much wood could a woodchuck chuck if a woodchuck could chuck wood?
- 22. First African-American who served on the US Supreme Court?
- 24. Youngest man ever elected U.S. President.
- 28. The one and only.



Catch up on all the local happenings. Read Family Pastime Magazine back issues online. www.familypastime.com



Careful, This Is Going to Get Bloody!

By: M. Bailey

Since it is close to Valentines Day and everyone is thinking Red, the subject of blood came to mind. Blood is a very important substance for your body. Everyone knows that without blood a person would die. In fact, blood feeds our bodies by carrying important nutrients to all parts of our bodies. Blood helps us to keep warm on cold wintry days. It also carries away all of the waste chemicals and particles that we produce.

One common observation about blood

is that it is red. Valentine hearts and anything relating to Valentines Day and hearts are mostly red. In reality, when blood is in your veins it is a dark purple color. When blood comes in contact with oxygen in the air its proteins change shape as the blood soaks up the oxygen around you. When this protein changes shape it reflects a different wavelength of light. Thus when blood hits air it turns red.

Did you know that an adult body can hold about 10 pints of blood? A small infant when it is born only has

a little more than a cup of blood. As we grow, our body needs more blood to perform its work.

Blood is made up of red blood cells, white blood cells and platelets. The red blood cells are responsible for dispersing oxygen around the body. A red blood cell will live about 4 months and is replaced by the body's production system. White blood cells are very important key to keeping your body healthy. They work to defend the body from infection.

There are several types of white blood cells and they live any where from a couple of days to several months. New white blood cells are made in the center of your bones.

To some people blood is yucky. In fact some people pass out and fall over at the very site. Doctors and nurses have to be able to see blood and not be afraid of helping the person to stop bleeding. If you every find yourself bleeding red, find someone to help you stop the bleeding immediately. Blood is precious and valuable to your body. You need to save every drop. **FPT**

Perfectly Paired Puns

As Valentine's Day approached, I tried to think of an unusual gift for my husband. When I discovered that his favorite red-plaid pants had a broken zipper, I thought I had the "perfect Valentine." I had the pants repaired, and gift-wrapped them. On the package I put a huge red heart on which I printed: "My Heart Pants for You." I was the surprised one, however, when I saw the same heart taped to our formerly empty, but now overflowing, wood box. On it he had written: "Wood You Be My Valentine?"

Read All About It

Every Valentine's Day our campus newspaper has a section for student messages. Last year my roommate surprised his girlfriend with roses and dinner at a fancy restaurant. When they returned from their date, she leafed through the paper to see if he had written a note to her. Near the bottom of one page she found: "Bonnie -- What are you looking here for? Aren't dinner and flowers enough? Love, Scott."

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.
Knock Knock / Who's there? /Olive / Olive who? / Olive you!

January Crossword Answer

WASSEL
TICICLE
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ICESKATING
SKIING
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SLEIGH
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Family Pastime Magazine

Sudoku last month's Really Hard answer

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

J M J F B S W E S B S A J W R S V I F K P Z F
 Q R Q N P P T T R J Y N L L C D H O K H R K N
 N G O H E G D E H E E X J F L I G I D D E K H
 W W Z Z S U C N P Q H A O X B G D S D L D P P
 T C N T S A C R E V O R K E L G X P W Z I N B
 E L M W Q A A V L P E L R I N B G H D R C M R
 W O F A S P S E H C U N V J V K O I N N T O E
 I U I Y K H P J A W A W B O U L B L O V I Y L
 H D B Z A J W S O T F I B U X C B Q C D O H Q
 H Y P D M E T P I F F N E T I G L M E W N H G
 E X O P E Z W O K O R T T Q M O E D S Y Y O D
 G W F K A X N L O K T E M Z E H R Z Y L E L U
 U W S O F P Y T C P Y R K A O D ' E R H D I O
 B R I Z K N P U E G Q J Q C K N S E A W F D Y
 F Q J K N R H F V I N T N A T U K B U E K A Y
 B K T U I C W Q D Y P I Z U Z O N X R D U Y O
 R K S N D H O C M D V G R W B R O U B Y J N L
 H M T O P E R H K A W J H P K G B I E R P G A
 C S O Y U R R O M X O H I U S Q K Q F H B L J
 Y W F O H B U L Y S Z Q A C T G Z F G K F O U
 W Z N V X X B E Y B B V L X E J U N V H C N N
 E W D F Y O B B A P U N X S U T A W N E Y Y M
 V P C H T W F M Y P Z K K R A Q A T B R U Q Y

Words may be forwards, backwards horizontal, vertical or diagonal.

- Phil
- Shadow
- Hibernation
- Prediction
- Footprints
- Holiday
- Spring
- Burrow
- Forecast
- Gobbler's Knob
- Punxsutawney
- February second
- Winter
- Groundhog
- Hedgehog
- Sunny
- Overcast
- Weeks
- Hole
- Cloudy
- Woodchuck

SUDOKU EASY

Instructions on page 21

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

Sudoku Medium answer from last month

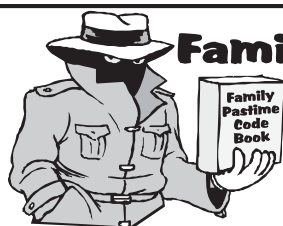
7	4	2	9	6	3	1	8	5
9	3	5	8	7	1	6	2	4
1	6	8	2	4	5	9	7	3
2	8	6	5	9	7	3	4	1
5	1	4	3	8	2	7	9	6
3	7	9	6	1	4	8	5	2
4	9	3	1	5	8	2	6	7
6	5	1	7	2	9	4	3	8
8	2	7	4	3	6	5	1	9

SUDOKU HARD

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

A Little Nuts About Love

Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. "Why the new sign?" I asked. "My boyfriend didn't approve of the old one," she said. When I glanced at what hung above the counter, I understood. It declared: "Local Honey Dates Nuts"



Family Crypto-Time Last month's answer

"A New Year's resolution is something that goes in one year and out the other."
 K I A B U A K C ' M C A M P X E L Z P I Z M
 M P H A L J Z I O L J K L O P A M Z I P I A U A K C
 K I T P E L L J A P L J A C. ~Author Unknown

FKJ

continued from page 12

deadlines and a meeting with a teacher. No time for the grocery run. After school my son has to catch up on home and schoolwork from 2 days. I set my daughter up on the computer, explain to her that we are up against a hard deadline and that she needs to get right to work, I go to help my son with his work. 4:10. My son's work is finished, he goes out to play, I go check on the Greek cookbook. I am so happy to see my daughter has heeded my warning about getting right to work and spent the last hour choosing just the right animated "Office assistant" to help he in Word. Apparently the "Genius" guy is more apropos than the paperclip for a Greek cookbook. Now that that is settled we can get down to the business of editing the last five pages, creating the cover and the author page. 5:00. We have to leave for my son's basketball game. Here's where things get tricky. When you are a single parent and one child has to be somewhere, everybody goes. There is no, "Honey I will stay and help this one with this while you take that one to that." 6:00. Game is over we need dinner and a grocery

store run. Now I don't know if you have much experience with buying flour, mine is...was limited. The recipe calls for "bread" flour. We stand looking at rows and rows of flour. There is; all-purpose, whole-wheat, instant, cake, self-rising, Durum, Semolina, enriched, bleached, unbleached... where for the love of Googles is BREAD flour...? Apparently all I had to do was invoke the name of Googles and then, just as I am about to give up and utter the words, "They're all the same", the clouds part and a golden ray of sunshine breaks through and shines directly on...Bread flour!!!! The only drawback is you can only buy stinking bread flour in the 50-pound sack. "Where for the love of Googles is a smaller bag of bread flour?"... Nothing. (I'm hoping we like this pita bread).

Now all we need is yeast. O.K. I don't know from yeast and I did not write down the specific type of yeast (instant, inactive, active, fast rising...who knew?) I make an executive decision. Fast rising it, after all we are in a hurry. One more grocery stop. We buy a package of pita bread (back up). Now Subway and then home. We still have a few hours before bedtime. We can do this.

O.K. I don't know if they were out of bread and we had to wait for them to bake more or what but our Subway stop was slowly whittling away at our few remaining hours. After the sandwiches came we ordered drinks but apparently we had to wait for them to make more ice, and they had to look up the recipe so we voted just to get drinks at home.

8:00. My daughter has finished everything but the author page. "Dad, I

need sources for the recipes." "Perfect." We spend 30 minutes trying to re-trace where we found the recipes. At this point I am thinking more and more about just using the "back-up" store-bought pita. I don't know if it's the call of the challenge, the lack of sleep or just that I love my daughter but no. We WILL make the pita. O.K. I will make the pita. She will go to sleep. Here's the thing. The recipe calls for kneading the pita dough for 10 minutes and then letting it rise for 2 hours before you knead it again. After getting the children to bed, printing out and binding the book its 11:00 before I get back to the pita. I finish kneading, flouring and rolling and get the first batch in the oven. They come out looking like slightly browned hockey pucks. 35 slightly browned hockey pucks later, on my last bit of pita dough, I manage to achieve just the right kneading, rolling and baking combination to create the perfect pita. It's 2:00 am. Now that I know how to make the perfect pita, should I start all over so that my daughter may serve everyone perfect pitas? 6:00 am. I explain to my daughter what happened. I point out the one perfect pita. I look her straight in the eye and with as much sincerity and tenderness as I can muster I tell her, "Make sure your teacher gets that one." If nothing else this experience taught me two things. 1. Why that Greek restaurant guy is mad and 2. I guess my Internet service provider never really said WHICH Monday they would be out between 8 and 1 to fix my Internet connection. **FPT**



HEALTH MATTERS

By: Patsy Meridith

Suffering with a cold or flu? Can't get rid of a lingering cough? If you've got a virus you just can't shake or you want to put your immune system on alert to prevent contracting one, you should know about Anti-Viral Formula. This combination of time-tested, clinically-proven medicinal herbs

contains: 'Echinamide', a patented, super-extracted and the most potent form of echinacea you can buy; Astragalus, a Chinese herb with a 1000-year history of use for immune strengthening; Lomatium, used extensively by Native Americans against infections; Reishi, a therapeutic tonic and adaptogen known in Chinese medicine for enhancing immunity and Licorice, known for its ability to promote anti-viral activity. This formula is a powerful weapon against today's viral invaders. Available in a tincture or soft gel, Anti-Viral Formula is something I highly recommend. "Health Matters" is on WJCV 910-AM Radio on Sat from 8-8-30am. As always, we guarantee your satisfaction.

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

Check Out a Romance

I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally he unearthed one of the rubber stamps I used to identify reference books. "Since I couldn't find the right engagement ring," he said, "this will have to do," and he firmly stamped my hand. Across my knuckles, in capital letters, it read "NOT FOR CIRCULATION."



Milo,
You are my
best buddy,
"You better
believe it!"
Happy
Valentines Day.
Love, Daddy



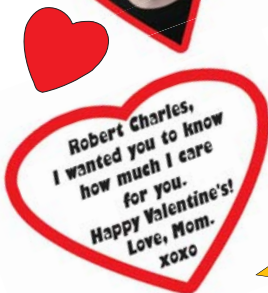
Kevin, I love you
more and more
each day. I am so proud
of you and our son.
With love, Babydoll



Corvette,
it is what it is
but it will always
be what it became.
I love you,
Finster.



Sydney Gardner
- You are our
Valentine and
you will always
be loved more
than you will ever
know. Love, Mom
& Dad



Robert Charles,
I wanted you to know
how much I care
for you.
Happy Valentine's!
Love, Mom.
xoxo



JG, I'll be
your dixie chicken
if you'll be my
Tennessee
lamb.
Love,
bk



Rhia,
You are
my best
girl...
EVER! I
Love you!
Happy
Valentines Day
Love, Daddy



Jennie,
you are my first
Tinkie Winkies.
Happy Valentine's Day!
xoxoxo
Love, Mommy.

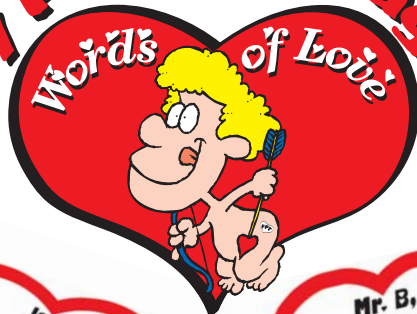


Kacey Mae,
You are my sunshine!
Happy First
Valentine's Day!
xoxoxo
Love Mommy.

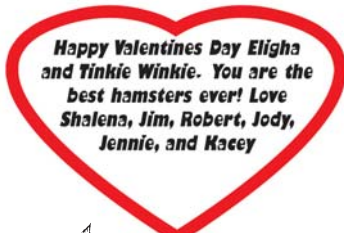


Lauren Gardner -
You will always be
our "baby" no
matter how big
you are. We love
you very much,
Valentine! Love,
Mom & Dad

Family Pastime Magazine
Words of Love



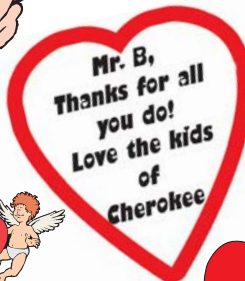
Happy Valentine's
Sherie, Dominic, and Sydnie.
We hope you are starting
to feel at home! Best Wishes!
Love Shalena, Jim,, Robert,
Jody, Jennie,
and Kacey.



Happy Valentines Day Eligha
and Tinkie Winkie. You are the
best hamsters ever! Love
Shalena, Jim, Robert, Jody,
Jennie, and Kacey



James,
Happy Valentine's day
and many more
Valentines!
I love you! Forever
your's, Shalena



Mr. B,
Thanks for all
you do!
Love the kids
of
Cherokee



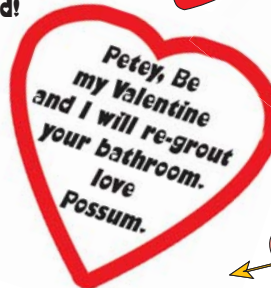
JoJo (Jody)
You are one of a kind!
I love You, Valentine!
xoxo Love, Mom.



Mrs. Magee,
you smell
like buzzard,
you eat cat
pooh, you
have accidents
in my house
and you eat my
socks but I love
you---Mom



Biedny,
You are a
great friend!
Happy
Valentines
Day!
I Love You,
Crazy Brain



Petey, Be
my Valentine
and I will re-grout
your bathroom.
love
Possum.



Nicholas
Gardner
- You are
way better
than the best
wrestler in
the world. Be
our Valentine
forever. We love
you, Mom & Dad



Princess,
your mother
and I are so proud
of you.
Dad Watson.

Our Region's Top Heart Hospital



**JOHNSON CITY
MEDICAL CENTER**
Mountain States Health Alliance

*One of the
Top 100 in the
United States*



- Johnson City Medical Center is the top heart hospital in our region.
- More people trust their heart care to JCMC than any other hospital in East Tennessee.
- While we do more heart procedures than any other hospital in East Tennessee, each patient is treated for their individual needs.
- Johnson City Medical Center was the first in our region to be a Top 100 Heart Hospital in the United States by Solucient (in 2004) and by DataAdvantage in 2005!



Johnson City Medical Center



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for Nursing Excellence



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