



THE magazine for the **WHOLE** family

Volume 4 Issue 7

HAPPY Valentine's Day!



Take TWO
and give
one to a
Friend!

IN THIS ISSUE:

- 2. Valentine's Coupon
- 3. February Observances
- 4. Family Finance
- 5. Family Tech
- 6. Home Cure
- 6. Say What?
- 7. Homeschooling
- 8. Crypto
- 8. Jr. Scientist
- 9. Kid Care
- 10. Family Pet Spot
- 11. Father Knows Jest
- 11. Double Take
- 12. Easy Being Green
- 12. Valentine's Coupon
- 13. Creature Feature
- 13. Word Search
- 14. Recipes
- 15. Events Calendar
- 16. Crossword Puzzle
- 17. Yucky News
- 17. Jury Duty Scam
- 18. SUPER SUDOKU
- 19. The Frantic Mom

FAMILY PASTIME MAGAZINE COUPON

This coupon entitles the bearer to one breakfast in bed prepared by:



_____ your name here

NO EXPIRATION DATE

FAMILY PASTIME MAGAZINE COUPON

What? You don't have a WEBSITE????
 You may be losing business if you do not have a website. It's a fact, more and more consumers are ONLY doing business with companies that have websites.

Well, hitch up that horse and buggy and let's get together and plan a web strategy to increase your sales.



Web Design
 Interactive CD-ROM
 Business Cards
 Full service
 computer graphics

423.676.4323
www.renderforge.com

We are here for YOUR loved ones



Senior Citizens Services

ALL your needs Taken Care Of

- Power of Attorney
- In Home Care & Companionship
- Transportation
- Shopping
- Laundry
- Estate Administration.
- All Appointments
- Meal Preparation
- Insurance Billing Issues
- Consulting
- Errands
- Much More

LICENSED and BONDED P.S.S.A.

423-323-7208
www.myseniorcitizensservices.com

SEE YOUR BABY NOW!
 2D, 3D, and 4D live motion ultrasound of your baby **IN THE WOMB!** Get a DVD, CD-ROM, **AND** still pictures to view over and over.



PRENATAL IMAGING CENTER

\$20 OFF

4D Ultrasound or Double Prints And Second CD of Ultrasound



Ultimate Bonding Experience With Your Unborn Baby

Call 423.844.4670 to make your appointment with Stork Vision Bristol*also at www.storkvision.com

*Owned and operated by Dr. Alan L. Gorrell, M.D., R.D.M.S., F.A.C.O.G.

MESSAGE

Date. **Today** Time. **NOW!**

To. **Business Owners**

WHILE YOU WERE OUT
Customers were looking for you
 From. **Family Pastime Magazine**
 TELEPHONE. **423-676-4323**

Telephoned	<input checked="" type="checkbox"/>	Please Call	<input checked="" type="checkbox"/>
Reaches your potential customers	<input checked="" type="checkbox"/>	Has great rates	<input checked="" type="checkbox"/>
Wants to see you	<input checked="" type="checkbox"/>	Has an opportunity for you	<input checked="" type="checkbox"/>

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

Operator. *Chris Joker* **URGENT**

FEBRUARY WEEKLY OBSERVANCES

- Children's Authors & Illustrators Week: 1-7
- Coaching Week: 1-7
- Patient Recognition Week: 1-7
- Publicity for Profit Week: 1-7
- Solo Diners Eat Out Weekend: 1-7
- Women's Heart Week: 1-7
- Networking Week: 2-6
- Boy Scout Anniversary Week: 3-9
- Hoof Care Week: 3-6
- Snow Sculpting Week: 4-8
- New York Comic Con Week: 6-8
- World Special Olympics Winter Games: 6-13
- American Council on Education: 7-10
- Dump Your Significant Jerk Week: 7-13
- Jell-O Week: 8-14
- Love Makes the World Go Round; But, Laughter Keeps Us From Getting Dizzy Week: 8-14
- Flirting Week: 9-15
- Just Say No to Powerpoints Week: 9-13
- Celebration of Love Week: 10-16
- Random Acts of Kindness Week: 11-17
- Great Backyard Bird Count Week: 13-16
- Build A Better Trade Show Image Week: 15-21
- Engineers Week: 15-21
- Friendship Week: 17-23
- Pancake Week: 22-28
- Read Me Week: 23-27
- Telecommuter Appreciation Week: 2/24-3/1
- American Crossword Puzzle Week: 27-3/1
- Texas Cowboy Poetry Week: 27-31



THE magazine for the WHOLE family

Editor: Chris Joker
 Publisher: Family Media Group LLC
 Graphic Design and Magazine layout:
 RenderForge (www.renderforge.com)
Advertising Sales:
 Chris Joker 423.676.4323

How to contact us:

Phone: 423.676.4323
 Fax: 866.824.0825
 E-mail: editor@familypastime.com
To submit items for consideration please e-mail to editor@familypastime.com
 Or mail them to:
Family Pastime Magazine
 P.O. Box 3161
 Johnson City, TN 37602

Family Pastime Magazine is a monthly publication of Family Media Group LLC in the Tri-Cities, TN/VA., U.S.A. Distribution of this magazine does not constitute an endorsement of information, products or services. We reserve the right to reject any advertisement or listing, which is not in keeping with the publication's standards. Although every precaution has been taken to ensure the accuracy of published material, we cannot be held responsible for opinions expressed or facts applied by authors. Opinions expressed are not necessarily those of **Family Pastime Magazine**. In no event shall unsolicited material subject this publication to any claim for holding fees or other charges. **Family Pastime Magazine** reserves all rights. Reproduction in whole or in part without written permission is prohibited.

FEBRUARY MONTHLY OBSERVANCES

- Adopt A Rescued Rabbit Month
- American Heart Month
- Bake for Family Fun Month
- Fabulous Florida Strawberry Month
- Boost Self-Esteem Month
- Library Lovers Month
- African American History Month
- Bird Feeding Month
- Care About Your Indoor Air Month
- Cherry Pie Month
- Children's Dental Health Month
- Get To Know and Independent Real Estate Broker Month
- Laugh-Friendly Month
- Mend A Broken Heart Month
- Parent Leadership Month
- Pet Dental Health Month
- Senior Independence Month
- Time Management Month
- Weddings Month
- Plant the Seeds of Greatness Month
- Relationship Wellness Month
- Return Shopping Carts to the Supermarket Month
- Spunky Old Broads Month
- Sweet Potato Month
- Wise Health Care Consumer Month
- Worldwide Renaissance of the Heart Month
- Youth Leadership Month

Q: What do squirrels give for Valentine's Day?

A: Forget-me-nuts.

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

Last Month's Medium answer

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

SUDO-KID-U Of Last month's Answer

Instructions:

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

Basic Subscription Rate:

For a mere \$22, we will request that a uniformed government employee hand deliver the next 12 issues to a mailbox near you. Send payment to:
Family Pastime Magazine
 P.O. Box 3161 Johnson City, TN
 37602-3161 or order online.



Think Twice Before Taking Out 401(k) Loan

Your car could break down. You might need a new furnace. You have to pay for one last term of college for your child. Whatever the reason, you may someday need a large sum of money in a hurry. And as you look around for a source of funds, your eyes might come to rest on your 401(k) plan. It's there, it's yours — why not tap into it?

Actually, there are some pretty good reasons for not dipping into your 401(k). But before we get to those, let's see *how* you might access the money in your plan.

Some employers allow 401(k) loans only in cases of financial hardship, although the definition of "hardship" can be flexible. But many employers allow these loans for just about any purpose. To learn the borrowing requirements for your particular plan, you'll need to contact your plan administrator.

Generally, you can borrow up to \$50,000, or one-half of your vested plan benefits, whichever is less. You've got up to five years to repay your loan, although the repayment period can be longer if you use the funds to buy a primary residence.

So you've got some time to repay the loan, you're paying yourself back with interest, and the repayments are probably just deducted from your paycheck. Sounds pretty good, right? What could be the problem with taking out a 401(k) loan?

Since you asked, here are a few of them:

- You'll likely reduce your retirement savings. Your 401(k) plan is designed to help you build funds for one purpose: retirement. To encourage you to take advantage of your 401(k), the government defers taxes on your earnings and allows you to make contributions with pre-tax dollars. But when you take out a loan from your 401(k), you are removing resources earmarked for your retirement. And even though you'll

repay the loan, you can never get that time back when your money could have potentially grown.

- You'll be taxed twice on the loan amount. As mentioned, you typically contribute pre-tax dollars to your 401(k). But when you repay the loan, you're doing so with after-tax dollars. When you withdraw the money at retirement, it will be taxed again.
- You'll have to quickly repay the loan if you leave your job. If you leave your job, whether voluntarily or involuntarily, you'll generally be required to repay the loan in full within 60 days. If you don't repay it by then, the outstanding balance will be taxable — and if you're under 59-1/2, you'll also have to pay a 10 percent penalty tax.

To avoid putting yourself in the position of having to someday borrow from your 401(k), try to build an emergency fund containing six to 12 months' worth of living expenses. Keep the money in a liquid account so that you can tap into it quickly.

It can be tempting to borrow from your 401(k) today — but if you can resist this temptation, you'll almost certainly be glad tomorrow. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

When Paying Off Debt Is A Bad Idea

We have less equity in our homes and bigger balances on our credit cards than ever before. A big chunk of our disposable income pays for "stuff" we bought long ago. Many people take the wrong approach to paying off debts, causing more financial damage in the process.

Here are some examples of when it's not good to pay off what we owe;

When we are targeting the wrong debt.

Many people are convinced that they should increase their investment in their homes by paying

down their mortgages. Unfortunately, in their rush to free themselves of their home loans, many are ignoring other debts and obligations that ultimately will cost them more. It makes no sense to speed up paying off low-interest, tax-deductible debt if you've got any other kind of debt -- credit cards, car loans, personal loans, student loans, etc.

When it comes to paying off balances, your first goal should be to pay off your highest-rate, non deductible debt.

When you're neglecting your retirement savings.

This seems to a hard concept for younger people to grasp. Surely they've got years to save for retirement. Why not focus on getting out of debt now?

It's because -- times flies -- and you can't get back an opportunity to contribute to a tax-advantaged retirement plan once you've let it

slip away.

When you're using your retirement savings.

Most people have no idea how much they'll lose to taxes and penalties when they withdraw this money.

It can be a lot of money: Depending on your state and federal tax bracket, you'll typically sacrifice one-quarter to one-half of whatever you withdraw.

When it's hopeless.

People still struggle with bills that are simply impossible to pay off. They empty their retirement funds, tap their home equity and scrape for years to pay enormous medical bills, bad business loans or credit card debt.

When trying to decide whether or not to pay off debt, always seek the advice of a professional. **FPT**

Submitted by Wanda Hall

PRIMARY RESIDENTIAL MORTGAGE, INC.
We take the extra step to provide you with outstanding service!

Are you looking to buy a home for the first time? We can help.

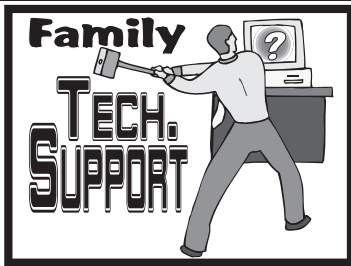
**Call Mike Trent or Wanda Hall.
 423-246-0222
 2105 E. Center Street
 Kingsport, TN 37664**

\$7,500 TAX CREDIT for first time buyers*

*Consult a Tax accountant and/or CPA for qualification specifics. PRMI does not offer legal advice
 Virginia-Licensed by the Virginia State Corporation Commission-MLB-794
 Tennessee-Licensed by the Department of Financial Institutions-#1473

Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!



Protect Your Computer By Setting Up Different User Accounts

User accounts are a great way to safeguard your

computer from annoying to possible catastrophic changes. These changes may be planned or unplanned but once they are made you may find your computer unusable or you may find that someone likes icons and shortcuts different than you do and before you can stop them they have changed all of your settings.

There is an easy way to prevent this headache. It's called user accounts. If you share a computer you will most likely find that setting up limited user accounts will benefit you. Sometimes it's merely family members sometimes it may be a friend visiting and simply wanting to check their e-mail. You can set up limited user accounts for everyone in the family and even a "guest" account for anyone visiting.

This month we will look at how to set up user accounts in both Windows XP and Vista

On either operating system you will have to be logged on as an administrator to create these user accounts.

In XP:

A "Limited" account will give this user the ability to change or remove their password, change their picture and desktop settings (icons, shortcuts, desktop image etc), view and change files they create and view and change files in the Shared documents folder but they will not be able to install or uninstall programs. This also means if they download malicious software, it

will not be able to install itself under this account. To create a limited account In windows XP simply go to:

- Start
- Settings
- Control panel
- User accounts

Then select create a new account. Now type a name for the new account such as "Guest" or "Johnny". Click next and choose the "Limited" selection for type of account now click "create account". In the next screen you can double click on the newly created account name so that you may; change the name, create a password (everybody can have their own, or for the guest account leave it blank), change the picture shown at logon (here is a tip, when you go to change picture if you click on "Browse for more pictures" you can select any .jpg image on your computer to be your logon image), you can also delete the account from here if you wish. Now when you install programs many of them will allow you to choose which users get to see/use these programs. If they don't and you do not want some users to have access to them you may remove the desktop shortcuts and Start menu references to them from the users account.

In Vista:

You will create a "Standard user" account this will allow users to use most software and change system settings that do not affect other users or the security of the computer. They can; set their own wallpaper, set their own Sidebar gadgets, customize their own Start Menus and taskbars, put whatever desktop icons they like on their desktops, set up their own e-mail accounts with Windows Mail, manage their own Internet bookmarks and other IE options, and you can even set parental controls based on a user login. To

set up users in Vista go to

- Start
- Control Panel
- User Accounts
- Manage another account.

Then select create a new account. Type in a user name and click "Create user account". On the next screen double click on the newly created account and you can set the password (if you are setting a password for younger users make sure it is one both of you will remember (so you can help if they forget). When you create the password you will also be able to set a password hint to help remember it in the event that you forget (if the user is younger and prone to forget you can make the hint the same as the password). Here you can also change the logon picture and set parental controls. Once you select set parental controls you will have to double click on the account name again to be given the options which include, Web Restrictions, Time limits, Game Ratings, Program Limits which allows you to decide which programs this user is allowed to use. You may also turn on activity reporting which allows you to see where this user visited on the web, what sites were blocked, what files were downloaded, what time they were on the computer, games played, e-mail, IM and Media.

User accounts may take a few minutes to set up but they may save you hours in re-configuring if you don't. **FPT**

Have a Technical question? Send it to: tech@familypastime.com for an answer.

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

Family Pastime Magazine

Last Month's Answer

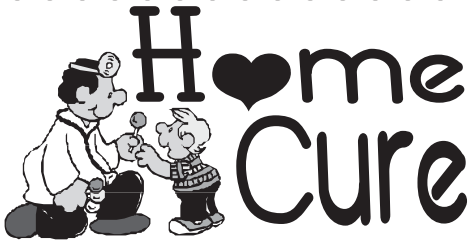
Q: What did the stamp say to the envelope?
A: I'm stuck on you.

Q: Who sends a thousand valentines cards signed', guess who' ?
A: A divorce lawyer.

Q: What did the light bulb say to the switch?
A: You turn me on.

Last month's HARD answer

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



Dry Skin And Itching

- For very dry hands, try this for a night: Apply a thin layer of petroleum jelly, and wear thin cotton gloves to bed. (Dry feet may benefit from similar treatment.)
- If dry, brittle nails are a problem, use lotion on your nails as well.
- Keep the itchy area well moisturized. Dry skin may make itching worse.
- To help relieve itching, wrap 1 cup of oatmeal (colloidal oatmeal works best) in a cotton cloth and boil as you would to cook it. Use this as a sponge and bathe in tepid water without soap.
- Cut your nails short or wear gloves at night to prevent scratching.
- Wear cotton or silk clothing. Avoid wool and acrylic fabrics next to your skin.
- Drink plenty of water throughout the day.
- To keep skin hydrated by using a humidifier. Dry heat can wreak havoc on skin.
- A good way to help eliminate skin dryness is to eliminate the dryness in your home.
- Never have a bath or shower that is too hot, as this will also cause your skin to dry. Lukewarm is best.
- If you use moisturizer or body oil, do it while your skin is still slightly damp. Pat your skin dry, don't rub.
- Stay away from soap, especially deodorant soap, as this will only aggravate the situation.
- One should avoid skin products containing

alcohol, as this will dry your skin.

- Avoid using dryer sheets, use liquid fabric softener instead.
- A mask made of egg yolk will also moisturize. Scramble the yolk and apply to the affected area. Leave this on for about fifteen to thirty minutes and rinse off with lukewarm water. Wash as normal.
- Apply honey and leave on for fifteen to thirty minutes and rinse with lukewarm water.
- You can make a paste with honey and oatmeal and use it to clean, exfoliate and moisturize your face and skin.
- Mineral or almond oil makes a great moisturizer. Massage the oil onto the effected area and let it become absorbed by the skin such as you would any moisturizing lotion.
- Aloe Vera works wonders. Simply cut off a leaf and rub on the affected area.
- Drinking chamomile or peppermint tea will help to prevent dry skin.
- Face packs which are made up of fruits rich in vitamins and H2O (such as banana, papaya and peach) really contribute a lot in the healing of dry skin.
- Supplement your skin with flaxseed oil taken orally every day. Refrigerated flaxseed oil has a more mild, fresh taste than warm oil. If you don't like the idea of swallowing one or two tablespoons of the oil every day, you can also buy it in capsule form.
- Hydrating Mask: Ingredients: 4 Tbs. chickpea flour, 1 mashed, ripe banana, 1 egg, beaten. How To: Mix all ingredients well and apply to your face with your fingers. Leave it on for 15 minutes, then rinse with warm water, pat dry and moisturize.
- Dry Skin Mask: Ingredients: 2 Tbs. Honey, 1 tsp.

almond oil, 5 drops rose essential oil.

How To: Mix ingredients well. Apply to very dry skin. Leave on for 15 minutes,

then rinse with warm water, pat dry and moisturize.

- Pineapple-Olive Oil Mask: Ingredients: 1/2 cup canned pineapple, 3 Tbs. olive oil, lavender oil. How To: Mix ingredients well. Make sure the pineapple is the consistency of applesauce. Apply to the face, hands, knees or other areas that need treatment. Leave on for 15 minutes, then rinse with warm water, pat dry and moisturize.
- Massage natural mayonnaise into skin, leave on for 15-20 minutes, rinse thoroughly with warm water.
- Grated cucumber can be applied all over the face. The juice is good for the skin around the eyes too. Helps to tighten the skin and has a cooling and refreshing effect
- Light massages at least twice a week with musk rose oil or a sweet almond oil will help a great deal.
- Regularly drink a glass of warm milk mixed with 2 teaspoons of almond oil.
- Blanch lemon grass and drink several times a day.
- Blanch scented geranium leaves in boiling water, strain, cool and use as a face wash.
- Apply avocado paste on the skin.
- Rub coconut oil or avocado oil on the afflicted area.
- Fill up a tub with milk and warm water and dip in.
- Blend oatmeal, Vanilla extract and baking soda. Add to a tub with warm water and sit in for 30-60 minutes.
- Sprinkle a handful of cornstarch in the bathtub and have a soak.
- Coat yourself with vegetable, sunflower or peanut oil, offers relief from dry skin.
- Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

"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



Dead As A Door Nail

Say WHAT???

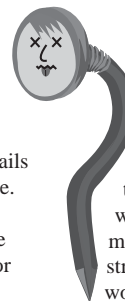
By: Family Pastime Staff

Meaning: Actual or apparent total lack of life.

Example: You might as well junk that car, the engine is dead as a door nail.

Origin: This is an ancient expression with references dating back to 1350, another expression, of rather later date, is as dead as a herring, because most people only saw herrings when they were

long dead and preserved; there are other similar sayings with the same meaning, such as dead as mutton, or dead as a stone. As with many idioms there are several possible origins one states that nails were once handmade and therefore very expensive. When an aging cabin or barn was torn down the valuable nails would be salvaged so they might be reused in later construction. When building a door however, carpenters often drove the nail through then bent it over the other end so it couldn't work its way out during the repeated opening and closing of the door (a technique called clinching). When it came time to salvage the building, these door nails were considered useless, or "dead" because of the bend they could not be re-used. Another suggested



origin is that Medieval doors were studded with heavy nails - Doornails, one of which was used as a knocker. This nail was clearly very unresponsive and dead to the constant assault, hence the saying. Similarly One theory holds that the "doornail" in question was not a nail as we know nails today, but rather a broad, flat plate mounted on the outside of the door to serve as a striking plate for the door knocker. Such a "nail" would be "dead" because it would be fixed tightly to the wood of the door and thus would not ring when struck as metal normally does, but rather give a dull "thump." Finally, a possible origin claims that it is simply an example of alliteration (the use of like consonants in neighboring words to create a sort of rhyme). **FPT**

THERE'S NO PLACE LIKE HOME SCHOOL

Homeschooling With Special Needs

By: Lisa Baughn

evaluations, educational counselors, special needs counselors, often filled with a new reading program, idea or concept that we implemented. We went to doctors of all kinds, seeking a physical problem. We went to perceptual motor specialists, bought new lamps to improve lighting, tried colored overlays and all but painted the moon purple to get her to read. Nothing worked. I finally came to the realization that if you have a checkbook or an insurance card, the specialist in front of you has the answer!

When we begin homeschooling, we have this wonderful idea in our minds of what it is going to look like. We imagine happy, well adjusted children that sit patiently as we instill words of wisdom, read great books and take wonderful field trips. Most of us imagine students that learn easily along with their peers and that our children will naturally learn as they should.

So what happens when children don't learn on the schedule the experts tell us they should? What do we do with a child who struggles to read, do simple arithmetic, learn how to spell or is a few years behind peers? How do you survive as a teaching parent, when your child does not learn like other children do?

When you have a child that struggles to learn, the first thing to do is realize your child was uniquely created, with gifts and talents that might look different than other children, siblings and peers. They may need to travel a vastly different path, with a few extra challenges, but it is something you can do together.

Since we are in the "golden age of homeschooling" resources abound. You can look online and find books, magazines, columns, articles, seminars, blogs, and classes for parents, literally a whole world of help at the touch of a button. But you do have to be careful and use discernment.

Our older daughter could read a newspaper cover to cover by the middle of first grade, while our younger daughter did not learn how to read until she was 12!

We tried everything. We began with phonics programs, better phonics programs, phonics with more bells and whistles, games, flash cards, special books, charts, more games, and more special reading resources. We then moved on to learning specialists,

lamps to improve lighting, tried colored overlays and all but painted the moon purple to get her to read. Nothing worked. I finally came to the realization that if you have a checkbook or an insurance card, the specialist in front of you has the answer!

If your child struggles, you may want to read our family's story on our website. I wish it could be printed here, but it would take the whole magazine! Be warned, our website is in the midst of a reconstruction, so I put links on my blog to make it easier to find at www.ThePrudentWife.com/blog

Go to *FamilyPastime Struggling Learner*. There you will find three in-depth articles that will encourage you greatly:

Struggling Learner ~ Our Story On How Emily Did Not Read Until 12 sharing our story, some of the things we tried, and how difficult it was.

Tips for Building a Better Brain in Children with tons of strategies to help you through this difficult time

Lisa's Crosswalk Article "Your 12-Year Old Still Can't Read?" which includes an interview with Emily sharing the child's point of view

Those articles will equip you with some great information to help with ideas from curriculum to nutrition, supplements to strategies. There are a lot of great ideas to inspire your child to love learning, despite the struggles they may have.

The single best thing we did throughout our reading struggle was to tell Emily that the Lord


had the time for her to read. We determined to never give up on our struggling learner, and she did not give up on us. We encouraged her and loved her through it, as difficult as it was to go until 7th grade without reading. Imagine how hard holidays were with the family! But we knew that homeschooling was the ideal learning situation for her, and we worked to bridge her learning struggles.

We also tried to keep the art of reading a "fun" thing and worked hard to build a love for great literature and books. The grand result, once she started reading, it is difficult to take a book out of her hands. She is making up that "reading mountain" and absolutely loves to read!

Be encouraged! Each child has their own learning journey, at their own pace. Enjoy the adventure and in the end they will reap the reward of having a lifelong love for learning. **FPT**

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

KIDS LOVE USBORNE BOOKS!
 Fun, educational Usborne
 Children's books will stimulate
 the joy of reading in your child.
 Earn FREE books by having a Home Show, E-Show or Book Fair.
 Browse our online catalog.
 Register to win a \$50.00 drawing.
www.BestLovedKidsBooks.com
 888-630-READ (7323)
 Earl Garretson Independent Educational Consultant




Blue Ridge Properties
 110 E. Mountcastle Dr.
 Johnson City, TN 37601
 Cell 423-292-6909
 Office 423-282-5182
 igirl01@aol.com
www.brphomes.com
www.easttennesseeliving.net
Cindy McPherson
 Affiliate Broker, ABR

SUDO-KID-U 02

answers from last month

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

SUDO-KID-U 1

Instructions: On page 3

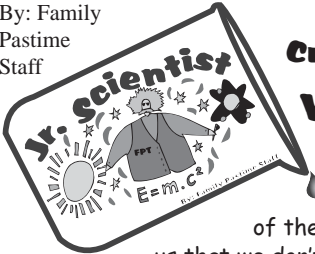
		2	
2			
1			
		4	

SUDO-KID-U 2

1		2	
			1
2			
		3	

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

By: Family Pastime Staff



Can Crusher:

We are so accustomed to the pressure of the air around us that we don't even

notice it. However, the air pressure is large enough to crush a soda can. You can see the air crush a can in this experiment.

SUPPLIES:

- Adult assistant
- Safety Goggles for everyone in the room (to make your own click on "Homemade Safety Goggles" on the "How To" page at familypastime.com)
- Empty aluminum 12 oz. aluminum soda can or cans
- Stove or Hot plate
- Oven Mitt
- Tongs
- Large pail of water

HOW TO:

1. Start by rinsing out the soda cans to remove any leftover soda.
2. Fill the bowl with cold water (the colder the better).
3. Add one generous tablespoon of water to the empty soda can (just enough to cover the bottom of the can).
4. Place the can on the burner of the stove while it is in the "OFF" position.

SUDOKU EASY

Instructions: On page 3

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

When the can is stable have an adult turn on the burner to heat the water in the can (DO NOT TURN IT ON HIGH). Soon you'll hear the bubbling sound of the water boiling and you'll see the water vapor rising from the can. Continue heating the can for one more minute.

5. Read through this next part and go over it in your mind before you proceed. You will use the tongs to lift the can off of the burner, turn it upside down, and plunge the mouth of the can down into the bowl of water. Get a good grip on the can near the bottom with the tongs held so that your hand is in the palm up position. Using one swift motion, lift the can off the burner, turn it upside down, and plunge it into the cold water. Don't hesitate... just do it! But be VERY careful not to spill any of the boiling water on anyone.
6. You will hear a "POP" and the can will implode (Implosion is a process in which objects are destroyed by collapsing on themselves. The opposite of explosion).

Why Does This Work?

First off, Contrary to popular belief, the stuff you see coming out of the can when you heat it on the stove IS NOT steam. You actually cannot see steam what you see is water vapor after the steam cools. Having said that, Why does the can implode? Before the addition of the water to the soda can, the can was filled with air. When water is added some of the air is displaced. Heating the water causes it to boil and the resulting steam expands inside the can, pushing most of the remaining air out of the can. When the can is cooled in the cold water, the steam changes to

liquid water, which takes up much less space than steam. This change takes place while the opening of the can is under water, so no air is able to rush into the can to take up the extra space. The pressure inside the can is therefore much less than the pressure on the outside of the can, and so the can implodes.

***** TIPS & WARNINGS: *****

- Do not heat the can over high heat or heat the can when it is empty. This may cause the ink on the can to burn or the aluminum to melt.
- You can perform this experiment using a variety of different types or sizes of aluminum cans. But do not use a can that has previously contained any flammable material like paint, turpentine or gasoline.
- Do not use a can with a non-metal lining.
- When you flip the can, be sure that no one is standing in a position where the hot water inside the can might splash out and burn them.

FPT

SUDOKU REALLY HARD

Instructions: On page 3

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

Family Crypto-Time

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



GR VMJ QGFI NM SI X BJTOHIO, G LXTN NM
 QGFI NM SI X BJTOHIO ZGTJP MTI OXV, PM G
 TIFIH BXFI NM QGFI LGNBMJN VMJ. ~ *Winnie the Pooh*

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



Brought to you by:

The Children's Hospital
AT JOHNSON CITY MEDICAL CENTER
Mountain States Health Alliance

Traveling Safely With Children: Child Passenger Safety

By: Joanna Swinehart

Motor vehicle accidents are the number one killer for children. Many of these deaths could have been prevented with the proper use of child restraint systems. Some of these fatalities happen because children are not using any restraint, while many occur because children are not restrained properly. According to the National Highway Traffic Safety Association, up to 98% of children are not restrained properly. Tennessee law requires everyone in a motor vehicle to be restrained, either by a seat belt or child restraint system. More specific child restraint law outlines required restraint use for children up to 12 years of age.

Some general child passenger safety tips:

- Never hold a child on your lap. You could crush him/her in a crash, or the child could be torn from your arms.
- Never ride in the cargo area of a station wagon, van or pickup.
- Never place a child in front of an airbag.
- Always refer to the child safety seat manufacturer directions and your vehicle's owner's manual for proper safety seat installation.
- The best child safety seat is the one that fits your child and that you can install correctly.
- Children age 12 and under should ride in the back seat of the motor vehicle.

Choosing and Using the Correct Seat

Infant

Why should a child ride rear-facing?

Rear-facing restraint seats are designed to absorb the force of a crash. Infants' heads are quite large in comparison to their body size, and their bodies are not yet fully developed. This type of seat protects the head, neck and spinal cord. When using an infant-only restraint system, be sure to lower the carrying handle each time the seat is installed in the vehicle. If the carrying handle is left up, the infant's head and spine will take more of the force.

According to Tennessee law, children are required to ride rear-facing until they are at least one year old or at least 20 pounds. Many parents automatically install a forward-facing child safety seat at the child's first birthday. The American Academy of Pediatrics now recommends that children ride rear-facing as long as the weight and height requirements on the safety seat will allow. Convertible safety seats (restraints that may be used rear-facing and then turned around and used

forward facing) often allow a child to ride rear-facing up to 35 pounds.

Toddler

Once your child has reached the upper weight limits of his/her rear-facing seat, it is time to move into a forward facing seat as required. Tennessee law requires children up to age four to use a forward-facing restraint. Forward-facing restraints are equipped with a five-point harness, much like the harnesses used by NASCAR drivers. The five-point harness allows crash impact to be spread over a larger part of a small child's body. While all restraint seats are different, most harnesses with current child restraint systems are tested with a maximum weight of 40 pounds. Since five-point harnesses are much safer than seat belts for small children, some manufacturers have started producing forward-facing seats with weight limits up to 60, and even 80 pounds.

School Age

Once your child has reached the upper weight limit for his/her forward facing restraint, you must use a belt-positioning booster seat with the vehicle's lap and shoulder belt. Tennessee law requires children ages four through eight years of age and less than five feet tall to use a booster seat. Booster seats raise a child up on the car seat, allowing a vehicle's lap and shoulder belt to lie correctly across the child's upper thighs and chest.

Unfortunately many parents do not use a booster seat once a child outgrows a forward-facing restraint. This can be very dangerous as lap and shoulder belts are designed to spread crash impact across the major bones of an adult body. If a child wears a seat belt without the booster, the seat belt can cause severe internal injuries in the event of a crash NEVER use a booster seat with a lap belt **only** seat belt system.

Some forward-facing restraints are combination seats and may be used as a belt-positioning booster using the vehicle's seat belt instead of the five-point harness. Many of these combination restraints may be used for weights up to 80 pounds. Both high-back and backless booster seats are available. Again, always check your motor vehicles guidelines to determine which is necessary for your vehicle.

Once a child is nine years old or taller than five feet, Tennessee law requires the use of the vehicles seat belt system. And again, the safest place for any child is in the rear seat of the vehicle.

To be able to fit in a safety belt, a child must:

- Be tall enough to sit without slouching
- Keep his/her back against the vehicle seat back

- Keep his/her knees completely bent over the edge of the seat

The lap belt must fit low and tight across the upper thighs. The shoulder belt should rest over the center of the shoulder and across the chest.

Never put the shoulder belt under the child's arm or behind the child's back. This can cause severe internal injuries in a crash. If the safety belt does not fit properly, the child should use a belt-positioning booster seat.

Always check belt fit on the child in every vehicle. A child may need a belt-positioning booster seat in one vehicle but not another.

Common Misuses of Child Restraint Systems:

- Child using a restraint that is too big for the child.
- Child using a restraint that he/she has outgrown
- Using a restraint that is too old. Child restraint devices are made mostly of plastic which breaks down over time due to the extreme weather conditions in motor vehicles. Most child restraint systems are good for approximately six years, and all child restraint systems now come with an expiration date.
- Using a restraint with an unknown history. Do not use a child restraint purchased at garage sales or consignment stores. You may not know how old it is, or if it has been involved in a crash.
- Using a restraint that has been involved in a moderate to severe crash
- Using a restraint that is has been recalled by the manufacturer. Be sure that you register your child restraint system. This ensures that you are informed of any recalls that may affect the safety of your child.

For additional information on child passenger safety, please contact the Department of Transportation's (DOT) Auto Safety Hotline at 1.888.DASH.2.DOT or NHTSA at www.NHTSA.org. **FPT**

Joanna Swinehart, Communications and Outreach Coordinator for The Children's Hospital at JCMC.





How To Teach Your Dog To Fetch

The time has come to have a bit of fun with your pet. You step out the door, unhook the leash and throw a tennis ball to the other end of the yard... And your dog looks up at you like you just lost your mind. What went wrong? Looks like it's time to head back to the training ground for Fetch lessons.

Fetch is a simple command and is taught easily to puppies but is not beyond the grasp of older dogs as well. In this simple form of a rudimentary game, fetch is primarily used as an entertainment with a primary purpose of creating bonding time between dog and trainer. In more advanced forms, it is used in police dog training for such things as weapon recovery and drug location. So how do we go

about teaching this behavior?

One of the basic methods of training the fetch command is using two toys in a bait and switch routine. The toys must be identical and something the dog enjoys playing with. Starting with the dog on a leash or a halter, hide one of the toys on your person and throw the other a short distance after

showing it to your pet. Release the dog from the leash and say "fetch" or whatever cue word you choose.

The dog will chase after the toy and, most likely, will pick it up. When the animal starts to return with the first toy, produce the hidden one.

The animal will likely drop the toy they are carrying in favor of the new toy. When this happens, wait for the dog to return to you and be reattached to the leash before throwing the new toy. After throwing the new toy, say "fetch" while releasing the animal to give chase. While your dog is chasing the new toy, run and retrieve the first toy. Repeat this process several times using the fetch command. For dogs that are not toy motivated, try adding a bit of flavoring to the game by way of some meat spread or some food reward when the behavior is carried out properly. Toys such as the Kong toys are great for this as they can be stuffed with all manner of pleasant surprises for your pet.

Another method is the forced retrieve. This is accomplished by throwing the toy a short distance and manually walking the dog to the object and waiting for them to pick it up. Reward them generously for finding and picking up the object. In further stages, have a partner walk the dog out for the pickup and then have them walked back to you with the item. Again reward them generously for making the retrieve.



A few of the common tips given by many pet trainers are quite useful in this area. One of the first is not to go for long distance throwing. Short throws are easier for the animal to keep a visual on and require less concentration. They also make for less work for the trainer should the dog fail to adequately grasp

the concept. Another point is to reserve fetch toys for fetch. If you let your dog play with the toy all the time, they lose their novelty and the dogs drive to chase them will be greatly diminished. If you make the dog wait to play with these toys then they are a special treat and the dog will see the toy itself as a reward.

Another tip is to be certain to hold the animal a moment before allowing them to chase the object. This gives them a moment to clearly focus on the objective and to build a stronger desire to retrieve the object they seek. Thus, when they are released, they spring to the object in a flurry of motion and grasp it up easily. Another wonderful tip is to avoid the use of sticks as fetch toys. They are hard on the animal's mouth and may contain parasites or poisonous substances, not to mention confusing the animal if you play near an area with tree growth.

With these simple techniques and tips mastered, you are ready to take to the park with your Frisbee, tennis ball or throwing dummy and enjoy a great afternoon of exercise and bonding with your pet. **FPT**

Dog Article courtesy of I-Love-Dogs.com

Edward Jones
Lindsey Wortman
 Financial Advisor
 2020 Northpark, Ste. 1F
 Johnson City, TN 37604
 Bus. 423-929-2066
 Toll-free 866-929-2066
 Fax 423-926-0800
www.edwardjones.com
 Making Sense of Investing



www.giftswithaheart.org

 Gifts For All Occasions
 (423)257-3780 or 477-3158

BLUE MOUNTAIN
I.T. SOLUTIONS
 Proudly Supporting Tri Cities' Small Businesses
 - Network Problem Solving
 - PC Support & Repairs
 - Custom - Built Computers
 Friendly - Experienced Technicians
www.bmits.com
support@bmits.com

UNIONJACK
 Plumbing Services and Repairs
 423.470.2690 or 423.257.4990
UP FRONT PRICING!!!

- Full Service Repairs • Pumps
- Pressure Washing • Water treatment solutions
- Gas lines, Logs, Ranges & Fireplaces
- Water heaters --including Rinnai tankless
- Full house plumbing & inspections
- Water/Sewer line Repair & Replacement

Full Clean up after the job!
www.unionjackplumbing.com



FATHER KNOWS BEST

By Chris Joker

Many of us are familiar with the new gadget the GPS ---Global Positioning System. The technology is not actually new, it's been around for quite some time, for military use. Then the military opened it up for the rest of us and then the prices of the units started dropping so that almost everyone can afford one. The way MOST GPS navigation systems work is they use three satellites to triangulate your position and then they cross reference that information to maps on your unit to give your position and instructions to where you want to go. In theory it's a great device to help you navigate to a destination. Recently I broke down and bought a GPS system. I bought it for three reasons; 1) It would help me navigate, 2) Once I arrived where I was heading it would announce "You have reached your destination" (who doesn't want to hear THAT?), and 3) it was cheap. It was REAL cheap. Unfortunately it wasn't very good or accurate. Instead of GPS standing for Global Positioning System, I think mine stands for "Get People *SOMEWHERE*". I'm not sure



my GPS knew or cared where. My "GPS" is also the reason I said "MOST" GPS navigation systems use three satellites to triangulate your position. Mine only used one satellite and 2 fast-food restaurants with Wi-Fi to "triangulate" a position. Of course if you happen to be in the middle of nowhere and there are no Wi-Fi restaurants, it just uses the one satellite and guesses at the other two sources. When I first got the unit I tested it by going to places close to home, like my mailbox. It did a pretty good job except for the fact that I had to drive by Starbucks on the other side of town to get the third source for triangulation and then back home to my mailbox. This should have been a red flag. Instead, on a recent family trip to Raleigh, we decided to put it

through its paces...just the one pace really. Like most GPS devices mine displayed a map of the road and an arrow indicating where you were on that road (see image). It also updated as you drove (actually as you drove by a fast-food restaurant with Wi-Fi). Pretty cool. It also had a voice which told you when, where and in which direction to turn. The good GPS units will say something like "Turn left in 100 yards", then "Turn left in 50 yards" and so on until you reach the turn. Mine said things like "turn left... NOW" which it quickly followed with, "I told you to turn left, now you have to turn around and turn right". The voice on my GPS sounded like HAL from 2001: A Space Odyssey. Actually

Please see "FKJ" on page 18

RAMEY
FORD • LINCOLN • MERCURY
 207 PRINCETON RD.
 JOHNSON CITY, TN 37601

WINTER SERVICE SPECIALS STARTING AT \$39.95

MON. - WIPER BLADES - \$19.88
 TUES. - FUEL FILTER - \$39.88 (GAS ENGINE)
 WEDS. - FLUSH DAYS - 10% OFF
 THURS. - ALIGNMENT - \$34.88/2 - WHEEL - \$49.88/4 WHEEL
 FRI. - BRAKES - \$99.88 TO 155.88
 SAT. - OIL CHANGE - FREE TIRE ROTATION

SERVICE DEPARTMENT HOURS:
 MON-FRI 7:30 AM - 6:00 PM
ASSISTANT MANAGERS:
 DONNA WALSH AND ANTHONY TOWNSEND
 423-283-5910 PARTS: 423-283-5900



DOUBLE TAKE

Find at least 26 differences in the two pictures (answers are on the bottom...no peeking!!!)



Apron, Boy Belt, Buttons, Card, Dog ear, Dog, Spots, Pony Tail, President, Scissors, Scissors, Shirt Sleeve, Shoe, Shoelace, Skirt, Socks, Window, Nose, Dog, Spots, Pony Tail, President, Scissors, Scissors, Shirt Sleeve, Shoe, Shoelace, Skirt, Socks



Environmentally Responsible Tires

By Michael Bloch

Diamond Tire is a company that has produced a more environmentally 'green' tire for nearly a decade and is only now beginning to... [sic] gain traction :-)

While major tire manufacturers have recently been jumping on the 'green' bandwagon, it is still a fact that the construction of the tire casing, bead bundles and belt assemblies require significant fossil fuel consumption and energy waste. While these same major firms presumably strive to reduce their carbon footprint for the benefit of our planet, there is simply no avoiding the environmental and economic impact of having to produce a quality tire from scratch.

What a shame and economic waste it is when end consumers of tires must discard a very serviceable tire casing when only the tread is worn away. Why not reconstruct and remold these casings? The Green Diamond Tire company is doing just that... here in the USA!

A Green Diamond Tire (GDT) is a remolded passenger or light truck-class tire that employs a patented Icelandic traction tire technology that embeds 1,000s of silicon carbide (think: industrial diamond) granules throughout the tread depth. It can be accurately stated that each GDT manufactured represents one less tire casing clogging a landfill and... once remolded into a GDT, it actually outperforms the original tire from which it is built. A GDT may be driven year-round for a mileage expectancy of approximately 45,000 miles. More environmental benefits of the GDT:

- Each typical passenger-class GDT requires 3 – 5

gallons LESS of petroleum product to produce... a light truck-class GDT SAVES 6 – 9 gallons per tire. These savings are derived from not having to scratch-build casings... the structural foundation of every tire. The range variance is attributable to actual tire size.

- All manufacturing operation co-product and by-product is recycled into other post-consumer products such as highway bedding substrate, decking, fence, playground and athletic track material.
- A GDT is an all-climate, year-round tire. Therefore, there is an additional economic and environmental savings of not needing a set of 'summer' tires and wheels and the associated carbon footprint negative overhead.

A GDT is NOT a retreaded or recapped tire.

To be fair, retreaded tires unduly get a bad rap and, truth be known, most of the tread material often found alongside the highways today are not remnants of a retreaded tire... rather these 'road gators', as truckers refer to them, are most often the product of end-consumer carelessness in maintaining those tires. Whether from improper inflation or overloading, a tire can and will self-destruct when so abused. However, this is a topic for another time and one that deserves careful attention and detail. I stated that a GDT is not a retread or recap and that requires some explaining.

- A retreaded or recapped tire uses proven technology to apply an already-cured and embossed ribbon of tire tread material to a prepared casing with an adhesive and is then cured in an autoclave type chamber to exacting standards... not a bad way to save a tire from a landfill while deriving the additional usage benefits of recycling a perfectly usable tire casing.
- The GDT differs significantly in that the process of remolding is more



akin to actual new tire manufacturing. Once a tire casing has been vigorously inspected and accepted for remolding into a GDT, it is literally handled with sterile gloves throughout the preparation phases of buffing, tread spooling, sidewall veneering, and finally molding and curing using segmented molds and presses that rival the technological sophistication of new tire manufacturers.

- It is during the tread material spooling phase that the GDT gains its 'diamond' namesake. As the tread material builds up the computer-controlled and specified depth, 1,000s of the silicon carbide granules are added to the 45,000 mile tread compound. It is these granules that give the GDT exceptional ice, snow, and wet pavement traction. In fact this feature of the tire carries numerous international patents and is what makes the GDT coveted as a year-round, all climate tire.

David vs. Goliath... sort of :-)

Today, Green Diamond Tire (obviously, the 'David') is a small, niche, environmentally-aware company. Current annual output is approximately 100,000 GDTs and production is 100% American-made. By contrast, any of the 'Goliath' tire manufacturers can literally produce that quantity in a week... and they do... and their newest mega-plants are NOT in the US of A.

When the Icelandic inventors 'shopped' the GDT technology to several of the US 'Goliaths', they were unceremoniously met with the 'not invented here syndrome' and an arrogance that the environment did not matter as much as new tire profit and earnings.

From that initial encounter with the US tire Goliaths, Green Diamond Tire – North America vowed to remain a special company... one that can 'talk the talk' because we proudly 'walk the environmental walk' because it is crucial for the planet... not because it is suddenly in vogue and marketable. **FPT**

Courtesy of Green Living Tips.com

CAN CHIROPRACTIC HELP ME WITH MY PAIN? YES, IT CAN!

PURELIFE Chiropractic Successfully treats:

- Low Back Pain
- Neck Pain
- Arthritis
- Headaches
- Shoulder Pain
- Auto & Whiplash Injuries
- Work Related Injuries
- Sports Injuries
- Allergies & Fibromyalgia
- Carpal Tunnel
- Plantar Fasciitis

FREE INITIAL CONSULTATION!

423-434-2080
217 E. SPRINGBROOK DR.
JOHNSON CITY
WWW.PURELIFECHIRO.COM
MOST INSURANCES ACCEPTED. WE FILE FOR YOU

FAMILY PASTIME MAGAZINE COUPON

This coupon entitles the bearer to one day of unlimited hugs on demand from:

_____ your name here

NO EXPIRATION DATE

FAMILY PASTIME MAGAZINE COUPON

CREATURE
FEATURE

By: Georgia Tetch



OXEN

HAPPY CHINESE NEW YEAR 2009

The Chinese New Year began January 26 ushering in the YEAR OF THE OX. **What is an ox?**

Oxen are steers of any breed of cattle, that are at least four years old, and taught to work. Steers, in this category, that are younger than four years old, are called "Working Steers".

The Chinese Zodiac is said to follow the stations of Jupiter's Orbit around the sun, which is just shy of 12 years. The ancient calendar is a mathematician's delight, but it did not originally include the animals. These animals mark years in a 12-year cycle that begins with rat, followed by ox, tiger, rabbit dragon, snake, horse, sheep, monkey rooster, dog and boar. The Chinese believe that in their New Year, everyone becomes a year older. They also believe that the year

of a person's birth is the primary factor in determining that person's personality traits, physical

and mental attitudes and degree of success and happiness throughout his/her lifetime.

The OX carried the rat, which pushed the cat, which nearly drowned and lost the race in a popular legend behind the Chinese Zodiac, an ancient system steeped in lore that both puzzles and enralls around the world.

Millions of people consult horoscopes around the world, including China. Some believe the animal of your birth year defines and influences you as it "hides in your heart" for the rest of your life. In addition to dictating individual destiny and personality, some believe the animal influences events throughout the year.

The OX is the second sign of the Chinese Zodiac and corresponds to Western sign of Taurus. They are

quiet and conservative, reliable and dependable: these are the qualities that exemplify the OX

personality. People born in OX years are very sure of themselves and are clear about their ambitions and what they want in life. They are bright, patient, and inspiring to others and



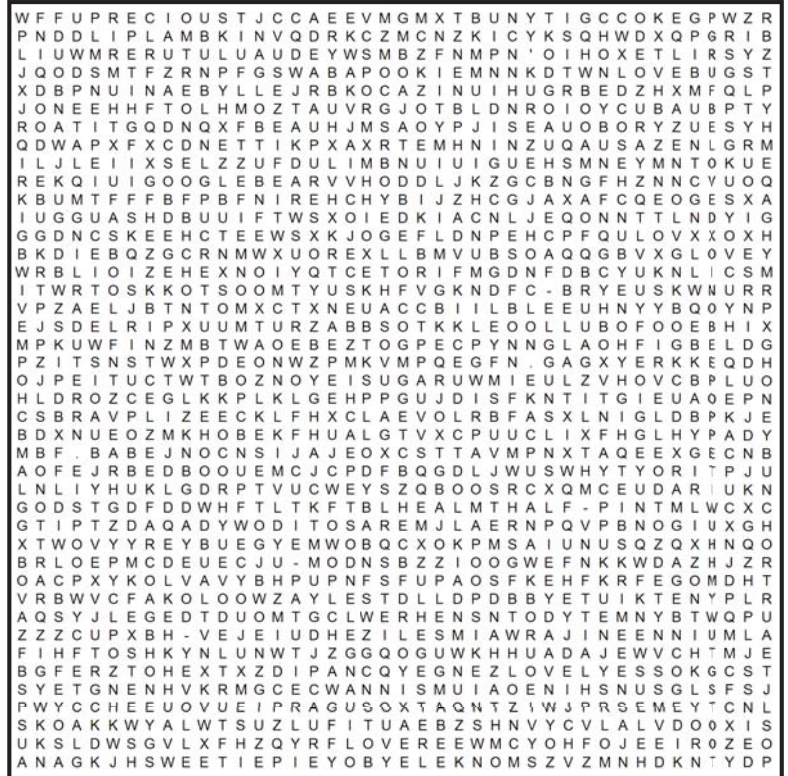
can be happy by themselves. They often rise to positions of authority easily, and make great leaders. Although OX is not particularly warm or sentimental they are very caring and protective of their loved ones. They make outstanding parents.

Famous OX People: Barack Obama, Catherine Freeman, Heather Locklear, Jane Fonda, Jack Nicholson, Juliette Lewis, Margaret Thatcher, Meg Ryan, Meryl Streep, Princess Diana, Vivien Leigh and George Clooney. **FPT**

Terms Of Endearment!

Word search. Forwards, Backwards, Up, Down and Diagonal

- | | | | |
|---------------|--------------|--------------|-------------|
| Angel | Doll | Lamb Chop | Pumpkin |
| Babe | Doll face | Lambkin | punkin |
| Baby | Doodle Bug | Little one | Schnuggles |
| Baby doll | Duck | Love | Snookums |
| Baby girl | Dumplin' | Love Bug | Snuggle- |
| Beau | Flower | Love Muffin | face |
| Beautiful | Fluffy | Lovely | Snuggles |
| Beauty | Fuzzles | Lover | Squirt |
| Bella | Fuzzy | Lovey | Sugar |
| Beloved | Girl | Lovey-dovey | Sugar Pie |
| BFF | Google bear | Monkeley Boy | Sunshine |
| Boo | Gorgeous | Muffin | Sweet |
| Buddy | Half-pint | Munchkin | cheeks |
| Buttercup | Handsome | Paloma | Sweet |
| Cheri | Hon | Poopsikeins | Cheeks |
| Cookie | Honey | Peach | Sweetheart |
| Cuddle bear | Honey bun | Peanut | Sweetie |
| Cupcake | Honey Bunny | Pet | Sweetie Pie |
| Cupcake. | Honeybunch | Petal | Sweetness |
| Cutie | Honeybunches | Pookie | Sweetpea |
| Cutie pie | Hubby | Pookie | Sweets |
| Cutie-patutie | Jelly Bean | Poopsie. | Sweetums |
| Darling | Kid | Poppet | Tiger |
| Dear | Kiddo | Precious | Toots |
| Dear heart | Kitten | Puddin | Turtle Dove |



Barbecue Beef Wraps

SUPPLIES:

- 1 boneless beef loin tri top roast
- 1/4 C molasses
- 2 TBS prepared mustard
- 1 TBS vinegar
- 1 tsp chili powder
- 1 TBS Worcestershire sauce
- 1/2 C ketchup
- 1 TBS minced green onion, including tops
- 7 flour tortillas (9 inch)
- 1 can (15 oz) un-rinsed chili beans drained and slightly mashed
- 1 can (11 oz) whole kernel corn drained

HOW TO:

1. Place beef in a 3 1/2 quart slow cooker.
2. Combine molasses, mustard, vinegar, chili powder, Worcestershire Sauce, ketchup and green onion.
3. Pour half of sauce over beef. Cover and refrigerate remaining sauce.
4. Cover and cook on LOW about 7 hours or until beef is tender.
5. Preheat oven to 350 degrees. Thinly slice beef across grain.
6. Place about 1/2 cup beef on each tortilla.
7. Top each with about 3 tablespoons beans, 3 tablespoons corn and 1 tablespoon of the reserved sauce.
8. Fold ends in and roll up. Wrap each in foil. Place in oven about 15 minutes or until heated through.

Baked Chicken and Cheese

SUPPLIES:

- 8 Boneless Skinless Chicken breast halves
- 8 slices Swiss cheese
- 1 can Cream of chicken soup
- 1/2 C Milk
- 1/4 C Sour cream
- 1 1/2 C herb stuffing crumbs
- 1/4 C Melted butter

HOW TO:

1. Place chicken breasts in buttered 9x13 inch baking dish.
2. Top each with a slice of cheese.
3. Mix together the soup, milk, and sour cream.
4. Pour over chicken and cheese.
5. Top with herb stuffing.
6. Drizzle melted butter over.
7. Cover with foil and bake at 350 for 30 minutes
8. Remove foil and bake another 30 to 40 minutes.

Kid Friendly Recipes



Eggplant Lasagna

SUPPLIES:

- 1 large eggplant
- 1/4 C extra-virgin olive oil
- 8 oz lasagna noodles, cooked
- 6 oz grated Parmesan cheese
- Salt and pepper, to taste
- 1/2 C prepared Pesto
- Favorite prepared spaghetti sauce

HOW TO:

1. Peel eggplant. Slice lengthwise 1/4 inch thick. Lay in 9x13 pan or cookie sheet in water. Broil 4 inches from heat, 15 minutes per side; drain water.
2. Preheat oven to 375
3. Lightly grease a 9x13 pan. Place 1 layer of lasagna noodles in the bottom.
4. Top with 1 layer of cooked eggplant. Spread a thin layer of tomato sauce over the eggplant slices, then top with a thin layer of pesto. Repeat this process 3 or 4 times or until no noodles or eggplant remain.
5. Top with grated Parmesan and any remaining tomato sauce.
6. Salt and pepper to taste.
7. Cover tightly with parchment paper and aluminum foil.
8. Bake for about 40 minutes.

Valentines Sugar Cookies

SUPPLIES:

- 7 C all-purpose flour
- 2 C white sugar
- 2 tsp salt
- 2 tsp baking powder
- 1 1/2 C shortening
- 3 tsp almond extract
- 1 C milk
- 3 eggs

HOW TO:

1. Preheat oven to 375
2. In a large mixing bowl, mix together flour, sugar, salt, and baking powder. Mix in shortening. Once the shortening is well blended, stir almond flavoring and milk into the dough at the same time, followed by eggs.
3. Roll dough onto a floured surface, Cut out cookies and arrange them on a cookie sheet.
4. Bake for 8 to 10 minutes, or just until bottom is golden.

Winter Healthy Meatloaf

SUPPLIES:

- 1 lb Lean Hamburger meat or lean ground turkey
- 2 Veggie-burger patties, thawed & broken up
- 1 Onion
- 1 Carrot
- 2 Zucchini squash or yellow squash
- 3 Gloves garlic
- 1/4 bunch Fresh Italian parsley
- 1 tsp Garlic powder
- 1 tsp Marjoram leaves
- 1/2 C Whole rolled oatmeal
- 2-3 tsp Worcestershire sauce
- 1/2 C Catsup
- 1 8oz Can tomato sauce for topping
- Salt and pepper to taste.

HOW TO:

1. Pre-heat oven to 350 degrees.
2. Mix meat and veggie-burgers together in large bowl
3. Grind the vegetables, garlic, parsley and marjoram in food processor.
4. Mix in with meat and the rest of the Supplies, except tomato sauce.
5. Mold into a regular loaf pan, or into smaller ones for smaller servings.
6. Top with tomato sauce and bake in 350 oven for 1-1 1/2 hours.

Granola/Crispy Treats

SUPPLIES:

- 2 1/2 C crispy rice cereal
- 2 C quick-cooking oats
- 1/2 C raisins
- 1/2 C packed brown sugar
- 1/2 C light corn syrup
- 1/2 C crunchy peanut butter
- 1 tsp vanilla extract

HOW TO:

1. In a large bowl, stir together the rice cereal and oats. Set aside.
2. Grease a 9x13 inch baking dish with cooking spray.
3. In a small saucepan over medium heat combine the brown sugar and corn syrup.
4. Heat just until boiling, then remove from heat and stir in peanut butter and vanilla until smooth.
5. Pour over the cereal and oat mixture, and mix well.
6. Press into the prepared pan using the back of a large spoon.
7. Allow to cool, cut and eat



Fun Family Events
FEBRUARY



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

1. Super Bowl XLIII. G.I. Joe Day, Give Kids A Smile Day, Hula in The Coola Day, Robinson Crusoe Day
2. GROUNDHOG DAY, Sled Dog Day
3. African American Coaches Day
JCPL Mother Goose Time* (age-1) 9:30 am
Hands On! 9:30-11:30 – Owl Pellet Dissection * Ages 7+, \$5
4. Liberate Day, Girls & Women in Sports Day
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE
JCPL Mother Goose Time* (age-1) 9:30 am, Two's Company (age-2) 10 am, Preschool Storytimes (age 3 - 5) 11: am
5. * Move Hollywood & Broadway to Lebanon, PA Day, Weather forecaster's Day
Johnson City, 207 N. Boone St 2 p.m. S.A.L.T. (Seniors and Law Enforcement Together) Terry Hardin – 434-6121
JCPL Mother Goose Time* (age-1) 9:30 am, Preschool Storytimes (age 3 - 5) 11: am, K-1 Story Stretchers* (K-1) 4 pm, K-1 Story Stretchers* (K-1) 4 pm, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
Hands On!, amazing theatrical performance with artist Hobe Ford* 10, 1, & 7 Tickets are \$3 in advance and \$5 at the door. Museum members are free.
6. Wear Red Day, Bubble Gum Day
JCPL FREE Family Movie at **HANDS ON! MUSEUM** 6:00 pm Mary Poppins
Johnson City, Blue Plumb Village, First Friday
GATLINBURG — Southern Exposure - The Great Cardboard Sled Race — (865) 637-9711
7. Ballet Day, Dump Your Significant Jerk Day, Wave All Your Fingers At Your Neighbor's Day
JCPL , Chess with Ralph Roller (K-5) 10- NOON, Saturday Stories 2 pm
8. Boy Scout Anniversary Day, Daytona Pole Day, Laugh and Get Rich Day, Grammy Awards Day, Man Day, World Marriage Day
Hands On!, FREE DAY 1-4 pm
9. Read in the Bathtub Day, Westminster Dog Show: 9-10
JCPL Family Storytimes 6:30 pm
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE
10. JCPL Mother Goose Time* (age-1) 9:30 am , TEEN Chocolate Fest* 6:00 pm

11. Be Electrific Day, Pro Sports Wives Day, Shut-in Visitation Day, Satisfied Staying Single Day, White Shirt Day
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE
JCPL Mother Goose Time* (age-1) 9:30 am, Two's Company (age-2) 10 am, Preschool Storytimes (age 3 - 5) 11: am
Hands On! Pinching Pennies* Listen to a story from Abe Lincoln himself 10-noon Ages 4-8, cost \$4
12. Darwin Day, Lincoln's Birthday, Oglethorpe Day, Safety Pup Day
JCPL Mother Goose Time* (age-1) 9:30 am, Preschool Storytimes (age 3 - 5) 11: am, CIVIL WAR TIMES* (K-5) 4 pm, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
Hands On! \$\$\$ Managing Your Money* FREE Family Workshop Series \$\$\$ 5:30-7:30pm- Basics of Credit (part 1)
13. Blame Someone Else Day, Employee Legal Awareness Day, Friday the 13th, Get a Different Name Day:
14. VALENTINES DAY, Ferris Wheel Day, Have A Heart Day, Women's Heart Day, Call In Single Day, Race Relations Day, Quirky Alone Day
SYCAMORE SHOALS the second annual Sweetheart Cafe 7 pm. Reservations by Thursday, 2/ 12 (423-543-5808)
JCPL Bilingual Storytime Span/Eng 2 pm
15. Susan B. Anthony Day, Gum Drop Day, Daytona 500
16. PRESIDENTS DAY, Washington's Birthday
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE
JCPL Abraham Lincoln Visit 6:30 pm Jones Meeting Room Family Storytimes 6:30 pm
17. My Way Day, PTA Founders Day, World Human Spirit Day
JCPL Mother Goose Time* (age-1) 9:30 am
Hands On!– Heart Dissection* 9:30-11:00 Ages 7+, cost \$7
18. Pluto (Planet) Day
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE

JCPL Mother Goose Time* (age-1) 9:30 am, Two's Company (age-2) 10 am, Preschool Storytimes (age 3 - 5) 11: am
19. Chocolate Mint Day, Mother Language Day, Iwo Jima Day (Landing)
Hands On! \$\$\$ Managing Your Money* FREE Family Workshop Series \$\$\$5:30-7:30pm- Basics of Credit (part 2)
JCPL Mother Goose Time* (age-1) 9:30 am, Preschool Storytimes (age 3 - 5) 11: am, K-1 Story Stretchers* (K-1) 4 pm, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
20. Northern Hemisphere Hoodie Hoo Day, World Day for Social Justice
21. Clam Chowder Day, Introduce A Girl to Engineering Day, Single Tasking Day
BRISTOL — Simply Sinatra — (423) 274-8920
GREENEVILLE — Antique Appraisal Fair & Antique Show — (423) 638-4111
JCPL , Chess with Ralph Roller (K-5) 10- NOON, Saturday Stories 2 pm
22. Academy Awards, George Washington's Birthday
23. Curling is Cool Day, Iwo Jima Day (flag raised), Personal Chef's Day, Shrove Monday
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE
JCPL Family Storytimes 6:30 pm
24. Pancake Day, Mardi Gras, Shrove Tuesday, Spay Day USA
JCPL Mother Goose Time* (age-1) 9:30 am
25. Ash Wednesday, Inconvenience Yourself Day
JCPL Mother Goose Time* (age-1) 9:30 am, Two's Company (age-2) 10 am, Preschool Storytimes (age 3 - 5) 11: am
Carver Recreation Center Reading Rainbow Story Writers 4:30 p.m. Grades K-3 FREE
26. For Pete's Sake Day, Levi Strauss Day, Chili Day
JCPL Mother Goose Time* (age-1) 9:30 am, Preschool Storytimes (age 3 - 5) 11: am, EXPLORERS* (K-5)TIPTON HAYNES 4 pm, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes 6:30 - 7:30 pm
Hands On!– Heart Dissection* 9:30-11:00 Ages 7+, cost \$7
27. Rabi'I
28. Floral Design Day, Sword Swallowers Day, Tooth Fairy Day
Kingsport, Renaissance Center, Theatre Guild Youth Workshops 10:00 AM - 4:00 PM 423-392-8427 www.kingsporttheatre.org \$7.50 per class.

Family Crypto-Time Last month's answer



“Youth is when you're allowed to stay up
 BTQMD SC KDLG BTQ'AL PRRTKIJ MT CMPB QH
 late on New Year's Eve. Middle age is
 RPML TG GIK BIPA'c LOL. XSJJRL PZL SC
 when you're forced to.”
 KDLG BTQ'AL ITAYLJ MT. ~ Bill Vaughan

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
 Cipher: PNYJLIZDSWERXGTHUACMQOKFBV

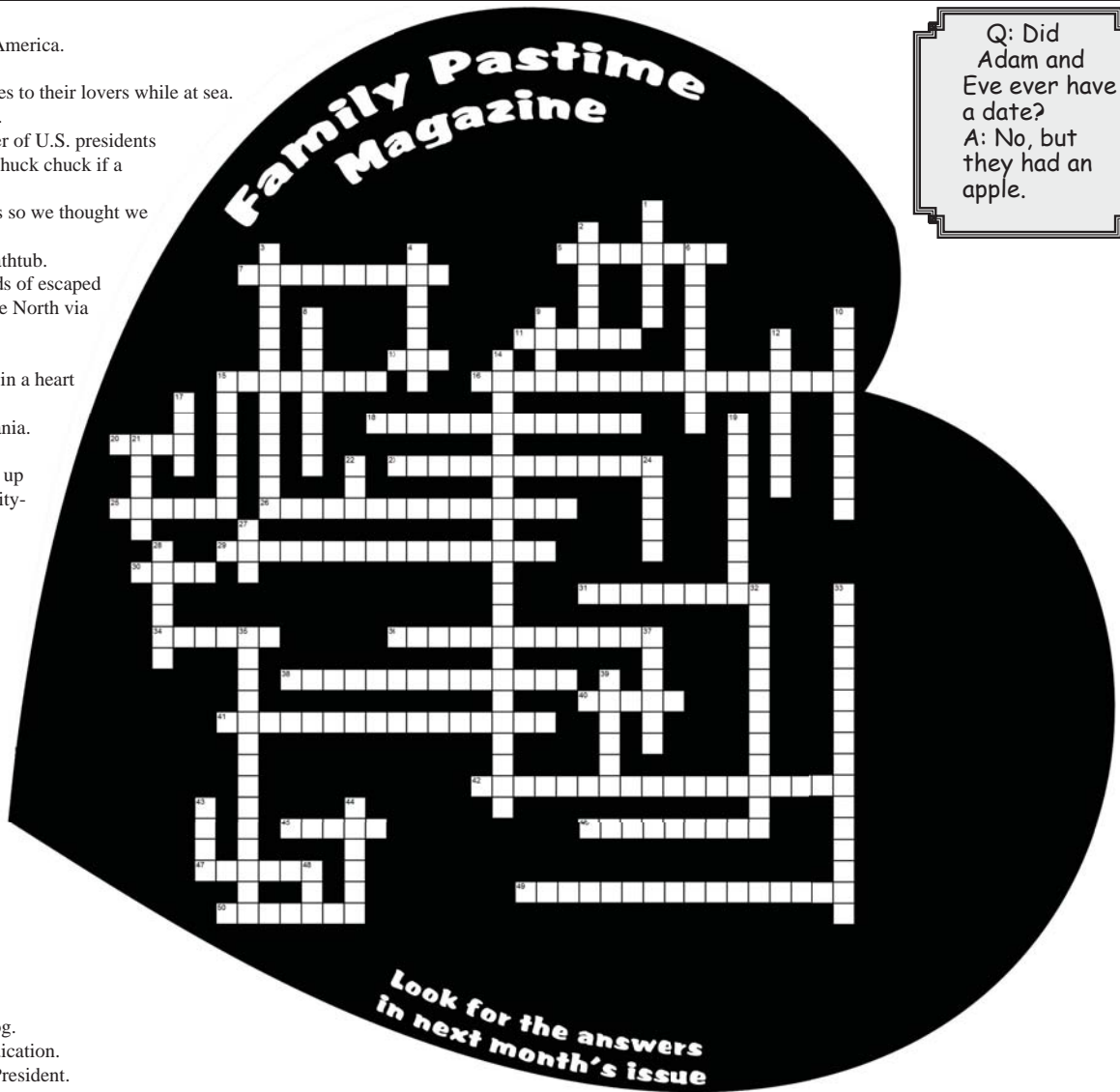
*Please Register : 434-4458 **Hands On:** 434-HAND
Crypto clue: =y

Across

- 5. Top seller of Valentines cards in America.
- 7. Write this to your sweetie
- 11. Sailors used this to send messages to their lovers while at sea.
- 13. Made the first presidential flight.
- 15. Birthplace of the greatest number of U.S. presidents
- 16. How much wood could a woodchuck chuck if a woodchuck could chuck wood?
- 18. 21st president. He gets NO press so we thought we would throw him a bone.
- 20. Got stuck in the White House bathtub.
- 23. The woman who helped hundreds of escaped slaves flee to freedom in the North via the Underground railroad?
- 25. Cupid shoots these
- 26. Traditional Valentines gift often in a heart shape.
- 29. Official groundhog in Pennsylvania.
- 30. Amore'
- 31. The woman who refused to give up her bus seat, prompting a city-wide bus boycott
- 34. Oldest man ever elected U.S. president.
- 36. Covert devotee
- 38. First African-American to play major league baseball
- 40. These by any other name would smell as sweet.
- 41. First African-American who served on the US Supreme Court?
- 42. The date Valentine's Day is celebrated.
- 45. Roman God of love
- 46. He served as Vice President to George Washington
- 47. A kiss
- 49. Father of our country
- 50. Cuddle, also a fabric softener

Down

- 1. The "Love apple".
- 2. Still another name for a groundhog.
- 3. Where Phil makes his yearly predication.
- 4. Youngest man ever elected U.S. President.
- 6. Youngest U.S. president to serve.
- 8. The groundhog belongs to this family.
- 9. Bird that symbolizes Valentine's day.
- 10. Yet another name for a groundhog.
- 12. The one and only.
- 14. Scientist who developed hundreds of products from peanuts
- 15. ----- are blue
- 17. What you go on with your boyfriend or girlfriend
- 19. Another name for a groundhog.
- 21. When the moon hits your eye like a big pizza pie that's....
- 22. Best Friends Forever
- 24. First president to visit all 50 states.
- 27. Embrace
- 28. Recite this to your lover
- 32. How much longer will winter be if the groundhog sees his shadow?
- 33. He had a dream
- 35. 16th President



Q: Did Adam and Eve ever have a date?
A: No, but they had an apple.

- 37. The groundhog belongs to this order
- 39. Former President and they make a pretty good vacuum cleaner too.
- 43. Small chocolate candy
- 44. First U.S. president to have a Christmas tree in the White House.
- 48. A big one comes from a bear

Q: What is a ram's favorite song on February 14th?
A: I only have eyes for ewe, dear

www.mybusinesshasnowwebsite.com

Please Support Family Pastime Advertisers!



Burp!

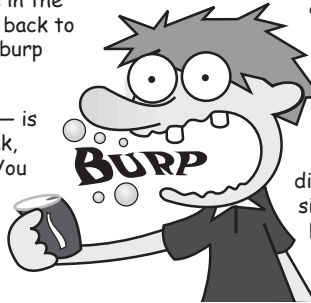
stomach, up through the esophagus (say: ih-sah-fuh-gus, the tube for food that connects the back of the throat to the stomach), and out of the mouth as a burp.

You cover your mouth with your hand, but it's too late. The people at the next table in the lunchroom already heard. As you turn back to your soda, you think: Where did that burp come from?

A burp — sometimes called a belch — is nothing but gas. When you eat or drink, you don't just swallow food or liquid. You also swallow air at the same time. The air we breathe contains gases, like nitrogen (say: ny-truh-jen) and oxygen (say: ahk-sih-jen).

Sometimes when you swallow these gases, they need to get out. That's where burping comes in! Extra gas is forced out of the

Some kids find that drinking soda or other carbonated beverages makes them burp more. Can you guess why? If you're thinking that it's because these drinks contain extra gas, you're right! The gas that makes the drinks fizzy is carbon dioxide (say: kar-bon dy-ahk-side), another gas that can bring on big burps. Sometimes eating or drinking too fast can make a person burp because this can send extra air into the stomach. The same thing happens when you drink through a straw: extra air in = more burps out.



Burping is almost never anything to worry about. Everybody does it at least once in a while, and it's very unusual for burping to mean something is wrong in a kid's body. What can you do if you're around people and you feel a burp coming on?

It seems like the only people who can get away with really loud burps are little babies — their parents cheer when they burp because it means that the babies won't feel the extra gas in their stomachs and cry. But unless you're tiny and bald, it's probably a good idea to be polite when it's time to burp. Try to burp quietly and cover your mouth. Of course, whether your burp is loud or quiet, saying "excuse me" can't hurt either. **FPT**

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit KidsHealth.org or TeensHealth.org. © 1995-2009. The Nemours Foundation. All rights reserved.

Jury Duty Scam

The phone rings, you pick it up, and the caller identifies himself as an officer of the court. He says you failed to report for jury duty and that a warrant is out for your arrest. You say you never received a notice. To clear it up, the caller says he'll need some information for "verification purposes"—your birth date, social security number, maybe even a credit card number.

This is when you should hang up the phone. It's a scam.

Jury scams have been around for years, but have seen a resurgence in recent months. Communities in more than a dozen states have issued public warnings about cold calls from people claiming to be court officials seeking personal information. As a rule, court officers never ask for confidential information over the phone; they generally correspond with prospective jurors via mail. **FPT**

Easy Answer From last month

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

SUDOKU HARD

Instructions: On page 3

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

SUDOKU Medium

Instructions on page 3

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

SUPER SUDOKU Answer from last month

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

FKJ *Continued from page 11*

it sounded more like the nagging mother of HAL. Her name was Mandy.

When we started on our trip to Raleigh the first thing Mandy said to me was, "Did you check the air in the tires?" followed by, "You should put on a jacket, I'm cold." And, "Slow down, what are you a crazy man?"

We tried to change the voice. Many of the GPS devices allow you change the voice to either male or female and to one accent or another, we saw French, so we thought that would be fun. Turns out on my device, French means, French. Not an accent, the actual French language. So now, in addition to speaking in French (which I don't), she seemed to also got ruder. Immediately we attempted to change the voice back unfortunately the instructions on HOW to change the voice back were now being told to us.....IN FRENCH!!!! After 10 minutes of Mandy doing what I can only imagine was scolding me in French I finally decided to re-boot the whole "GPS" device and start fresh.

When she came back up in English boy was she ticked.

So we started for Raleigh. Since I have been to Raleigh several times I know the way, apparently I know a different way than Mandy. She wanted to take me 321 to Boone. I'm not a big fan of 321 over the mountains, it's a little too "twisty-turny" for me; I prefer 19 to 194 through Banner Elk, a much straighter route. Boy was she angry when we didn't turn onto 321. "I told you to turn Left back in Hampton, surely even YOU couldn't have missed it, big water tower that says "Hampton" remember? Now turn around and turn RIGHT onto 321 in HAMPTON!" We ignored her since we knew where we were going. She kept saying "turn around and go back to 321." Five miles of this and we were pretty tired of it so we kept going the same way but we took Mandy (the actual "GPS" device) and turned her around in the car. "That's better," she said. Then "wait... how come... hold on...wait...I don't..." she was totally confused. After being confused for about eight more miles she got a new signal, I think she was able to triangulate

with her one satellite, Bob's Dairyland and Frank & Marty's Pizza in Roan Mountain because she calculated a new route through Banner Elk. When we got to Banner Elk she wanted me to go straight on 194 where I usually turn

right onto 184. She said with her way it was only 1 mile and since we so rudely ignored her suggestions earlier and thought she might know a shortcut, we thought we would give her way a try. The one mile turned out to be a hair pin turn, then a bunch more...hello "twisty-turny". It felt like Mandy was making us pay for not listening to her earlier. Just when we realized we were totally lost and there was not a fast food restaurant in sight Mandy proclaimed, "You're so smart Mr. Columbus, you find your way back" and then she went into sleep mode. Two hours later as we were leaving Boone she woke up and said, "Maybe now you'll listen to me, smart guy." Besides triangulating in a less than accurate way the maps on my "GPS" were a little outdated. I realized this when we were traveling around Greensboro on the "New" 1-40 and Mandy said we were driving off the road out in the middle of a field. "This behavior is unacceptable!", she said, "I'm going to tell your mother." And she did. Somehow she used one of the Wi-Fi fast-food restaurant connections to call my Mom on VOIP. I know this because a few minutes after she threatened me with telling my Mom, my phone rang and it was my Mom saying someone named Mandy just called to tell her I was driving recklessly in a field outside of Greensboro. After calming my Mom down, we pulled off the highway/field at a convenience store. In the parking lot we put Mandy on the pavement about five yards in front of the car and then in unison we said "Proceed forward for approximately five yards". As we deposited Mandy into the dumpster I exclaimed, "You have reached your destination" then proceeded inside to buy a map. **FPT**

SUPER SUDOKU *Instructions: On page 3*

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

When a woman on the staff of the school where I worked became engaged, a friend and colleague offered her some advice.

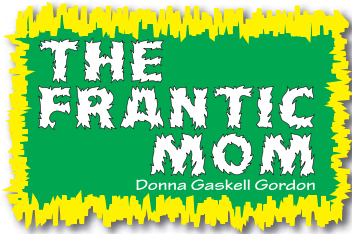
'The first ten years are the hardest.'

'How long have you been married?' she asked.

'Ten years', he replied.

Sudoku last month's Really Hard answer

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



On Wednesday, September 11, 1995, my husband and I left our home at 4 pm for an early

dinner date. When we returned home around 9 pm, the bucolic life had been shattered. Our peaceful street in the farmlands of South Dade County, FL. had become a crime scene circus complete with police cars, satellite trucks and reporters waving microphones at every vehicle that passed. Our 9 yr old neighbor, Jimmy Ryce, was missing. He vanished at approximately 3:30pm in broad daylight after getting off his school bus.

Over the next three months one of the most heinous cases of child abduction and murder played out before our eyes. The most frustrating and eye opening experience was that for a metropolitan area in a developed nation how unprotected our children really were, and how difficult it was to disseminate to the public that a child was missing in a comprehensive and timely manner. Jimmy Ryce's case was kept before the public daily by the media because Don and Claudine Ryce, and a small hardworking group of volunteers

worked round the clock to keep interest up. Because of the media attention his backpack was recognized and his abductor was arrested. Jimmy's murder took place less than 2 miles from his home. Sadly, my husband and group of men had searched that area, but were prevented from searching further because of laws regarding private property fencing. Claudine Ryce was convinced that a bloodhound could have found Jimmy. Miami-Dade County did not have a bloodhound search team available at the time.

Adam Walsh (1981), Jacob Wetterling (1989), Polly Klaas (1993), Jimmy Ryce (1995) and Amber Hagerman (1996), are all missing and abducted children whose families in their grief fought to bring powerful change and legislation to protect all children. Code Adam, The Amber Alert, and The National Center for Missing and Exploited Children, all were brought about by parents and grassroots movements to prevent child abduction.

Law Enforcement now has more coordination and systems in place to help stop abduction and locate missing children, but cannot succeed without the help of the public. It is estimated that almost 59,000 children are abducted a year by non family members. Online trolling adds a new dangerous dimension by targeting teens in the place they love to hang out; in cyberspace.

So what can you do to protect your child? As in football, offense is the best defense. Arm yourself with information, and don't think it could never happen here or to you.

As a family have a plan in place and teach your children how to be safe. Note what your child is wearing everyday. Have a protocol for dealing with separation during emergencies, crowded events, and vacations. Keep fingerprints and up to date photographs of your children in a known secure place. Educate yourself.

As a community get involved and investigate what safety net is available and how you as a citizen can help improve it. Boy scouts, Explorers, church groups and civic groups all helped search for Jimmy, but it took days because there was no existing coordinated plan. Contact the safety officer in your municipality for more information.

Do not be lulled into a false security, incorporate safety into your family's daily life.

For more information go to the following websites:

- www.jwrc.org Jacob Wetterling Resource Center
- www.klaaskids.org Klaas Kids Foundation
- www.missingkids.com National Center for Missing and Exploited Children
- www.cybertipline.com To report online misconduct

LOOSE DENTURES?
Now you can have what you crave!

Visit Dr. Westmoreland in the morning, have the "Mini-Implant System" placed in less than two hours, then go out and enjoy your favorite lunch.

What are MDI Implants?
The MDI System consists of a miniature titanium implant that acts like the root of your tooth and the retaining fixture that is incorporated into the base of your denture. The head of the implant is shaped like a ball, and the retaining fixture acts like a socket that contains a rubber O-ring. The O-ring snaps over the ball when the denture is seated and holds the denture at a predetermined level of force. When seated, the denture gently rests on the gum tissue. The implant fixtures allow for micromobility while withstanding natural lifting forces.

Call for your complimentary consultation 282-2844

J.D. "Bo" Westmoreland, D.D.S.
Family and Cosmetic Dentistry
508 Princeton Road Suite 101 Johnson City • www.docbo.com

Make It Yours – Free and Clear™

- Pay off your mortgage and other debt in a fraction of the time.
- Drastically reduce the amount of interest you are currently paying!
- Live financially free while maintaining your current standard of living!
- Not a Debt Roll Down or Bi-Weekly Program!

CALL NOW for your FREE, NO Obligation Savings Quote!

UFIRST
UNITED FIRST FINANCIAL

Misty Hinkle 423-833-3333 www.mmaservice.com

PAT & JOHN HITECHEW
Owners

(423) 282-3761

JACK MILLER BODY SHOP, LLC.
EST. 1948

YOUR 5 STAR MUFFLER DEALER

FREE ESTIMATES

200 WESLEY JOHNSON CITY, TN



7 minutes that could save your life



Mark, Heart Patient, Johnson City

Mountain States Health Alliance is now offering our region a free, confidential healthcare tool called HeartAware. It takes only 7 minutes to find out your risk for heart disease. In those few minutes, you can put your worries to rest for heart disease. If you learn you are at risk, Mountain States can help you begin taking the steps to address a serious heart problem.



Go to www.msha.com and click on the 7 Minute icon featuring Mark to use the free, confidential HeartAware tool.



MOUNTAIN STATES HEALTH ALLIANCE

Find out how 7 minutes could save your life.

www.msha.com