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Family Pastime Magazine

P.O. Box 3161

Johnson City, TN 37602-3161

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FEBRUARY WEEKLY OBSERVANCES

- Children's Authors & Illustrators Week: 1-7
- Patient Recognition Week: 1-7
- School Counseling Week: 1-5
- Solo Diners Eat Out Weekend: 1-7
- Women's Heart Week: 1-7
- Networking Week: 1-5
- Intimate Apparel Market Week: 1-4
- Hoof Care Week: 2-5
- Boy Scout Anniversary Week: 3-9
- Snow Sculpting Week: 3-6
- Dump Your Significant Jerk Week: 6-12
- Congenital Heart Defect Awareness Week: 7-14
- Coaching Week: 7-13
- Jell-O Week: 7-13
- Just Say No to Powerpoints Week: 7-13
- Publicity for Profit Week: 7-13
- Rejection Risk Awareness Week: 7-14
- Freelance Writers Appreciation Week: 8-13

- Love Makes the World Go Round; But, Laughter Keeps Us From Getting Dizzy Week: 8-14
- Flirting Week: 8-14
- Celebration of Love Week: 10-16
- Random Acts of Kindness Week: 12-15
- Great Backyard Bird Count Week: 13-16
- Alzheimers and Dementia Awareness Week: 14-21
- Love a Mench Week: 14-21
- Engineers Week: 14-20
- Nestbox Week: 14-21
- Pancake Week: 14-20
- Friendship Week: 17-23
- Build A Better Trade Show Image Week: 21-27
- Eating Disorders Awareness Week: 21-27
- Read Me Week: 22-26
- Telecommuter Appreciation Week: 24-3/6
- American Crossword Puzzle Week: 26-28
- Texas Cowboy Poetry Week: 26-28

FEBRUARY MONTHLY OBSERVANCES

- Adopt A Rescued Rabbit Month
- AMD/Low Vision Awareness Month
- American Heart Month
- Bake for Family Fun Month
- Fabulous Florida Strawberry Month
- Grapefruit Month
- Boost Self-Esteem Month
- Expect Success Month
- Jobs in Golf Month
- Library Lovers Month
- Marfan Syndrome Awareness Month
- African American History Month
- Bird Feeding Month
- Care About Your Indoor Air Month
- Cherry Month
- Children's Dental Health 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
- Pull Your Sofa Off The Wall Month
- Relationship Wellness Month
- Responsible Pet Owner's Month
- Return Shopping Carts to the Supermarket Month
- Spiritual Teachers Month
- Spunky Old Broads Month
- Sweet Potato Month
- Wise Health Care Consumer Month
- Worldwide Renaissance of the Heart Month
- XXI Olympics
- Youth Leadership Month

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.

Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once.

Look in next month's issue for the answers.

Last Month's Medium answer

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

SUDO-KID-U 1

		1	
	2		
3			
			4

SUDO-KID-U 01

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

Last month's Answers SUDO-KID-U 02

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



Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?

The carpal tunnel is a narrow passageway located on the palm side of the wrist. The tunnel protects the main nerve to the hand and nine tendons that bend the fingers. Carpal tunnel syndrome is a medical condition that occurs when the median nerve becomes pressed or squeezed at the wrist. This causes symptoms like tingling, numbness, night time wakening, pain, coldness, and sometimes weakness in parts of the hand. Carpal tunnel syndrome (CTS) is more common in women than it is in men and has a peak incidence around age of 50, although it can occur at any age.

These home cures can help keep your hands and wrists healthy and help reduce carpal tunnel syndrome symptoms. However, if your symptoms are severe (if they interfere with your daily activities, for example), if they don't resolve after two weeks of self-care, or if they are accompanied by fever, swelling, a rash or redness on the wrist, or any loss of function or muscle mass, contact your doctor.

- Massage the hurt spot with mint oil or lavender oil
- When working on a computer use a wrist rest
- Put your hand in warm water for 30 minutes, can add lavender oil to the water
- Rest your fingers, hand, and wrist. Stop activities that you suspect are causing numbness and pain.

- Ice your wrist for 10 to 15 minutes at a time, as often as once or twice an hour, and take nonsteroidal anti-inflammatory drugs (NSAIDs) to relieve pain and reduce swelling.

Although studies have not shown NSAIDs to be effective for carpal tunnel syndrome, they may help you to relieve symptoms.

- Wear a wrist splint at night to keep your wrist in a neutral position and relieve pressure on your median nerve.
- When your pain is gone, begin exercises for flexibility and strength for your arm and wrist. Learn the best positions and posture for hand and wrist movements.
- Excess weight can compress the median nerve in the wrist, so try to keep your weight within five to ten pounds of your ideal weight by eating a smart diet and getting plenty of exercise.
- Experts at the National Safety Council suggest that you rotate between jobs that use different muscles and avoid doing the same task for more than a few hours at a time.
- As you work, keep your body and your wrists in a comfortable, neutral position: straight, not bent or hunched over. Check the height of your computer screen (it should be at eye level). Rearrange the level of your keyboard or workstation so that you don't have to strain, reach, or bend your wrists; it should be at elbow height or just slightly below. Your wrists should always be in a straight line with your forearms. And be sure you are not too close to or far away from your work.

- If you have to grip or twist something, such as the lid of a jar, use your palm or your whole hand to distribute the load.
- Alternate hands. Give your dominant hand a break whenever possible. Try using your other hand to do some tasks.
- While typing often people rest their wrists on the sharp edge of a desk or table as they work, which can cause excess pressure on the wrists. Adjust your workstation, if necessary, to keep your wrists straight and off the edge.
- People who use vibrating tools, such as sanders, jackhammers, chisels, chain saws, grinders, riveters, and drills for extended periods appear to be at increased risk of developing wrist problems. If you are one of these folks, take frequent breaks and, when possible, operate the tool at the speed that causes the least vibration.
- Heat can worsen a carpal tunnel problem by causing the tissues in the narrow passageway to swell.
- Use 150 MG of B-6 for 3 weeks then cut back to 100 MG.
- Apply Japanese mint oil to the wrist in the morning and cover with a warm wet compress for 5 minutes then apply it to the wrist and cover with a cold wet compress in the evening to alleviate inflammation.
- Wear a bowling brace to protect when sleeping and when doing intensive or heavy work
- Watch how you sleep. If you sleep with your wrists bent in any way, this can cause CTS. Try to you're your wrists straight while you sleep.
- Have a massage therapist work on you. The muscles that are impinging on the median nerve can be worked on & tension released in that area. **FPT**

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

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Chocolate

- Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.
- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.

Headaches?

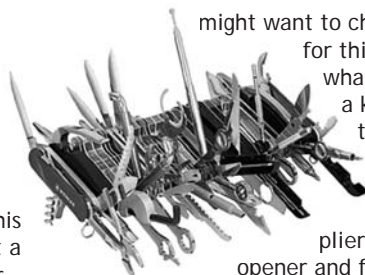
Johnson City, TN – A newly released free report reveals what leading medical research has proven to be a very effective headache treatment. This free headache report reveals why headache sufferers have been left in the dark for so long and how they can finally live free of over-the-counter medication once and for all. To receive your free copy plus a free Audio CD mailed to you today, call the toll-free, 24-hour headache hotline at **1-866-306-7791**.



By Chris Joker

Always Be Prepared

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



might want to check your email), Keys for things I don't even know what they go to anymore on a key ring with a multi-tool that includes a knife, Phillips and flat blade screwdriver, Needle-nosed pliers, can opener, bottle opener and flashlight. My key ring also holds a small airtight, water tight, and light resistant Nitroglycerine Pill Storage container. I don't need Nitroglycerine Pills however somewhere in my travels I came up with the brilliant idea that it was great way to carry ground, dried Habanero pepper. I like spicy food so when I go to a restaurant and ask for hot sauce and they bring me something that is exactly like hot sauce only... not hot; I've got my own. Now, I'm not gonna lie to you, getting through the airport is quite the challenge for me now but being prepared, as I am, I always bring big envelopes and stamps so I can mail my security infractions back to myself.

Until this Boy Scout Motto revelation I thought maybe I was just a pack rat. It turns out I'm not; I'm just a good scout. For instance, if I ever need a handle for a 1967 Kenmore dishwasher...I've got it. I replaced my dishwasher a few years back and I couldn't part with the cool chrome handle.

I know I will never have another 1967 Kenmore dishwasher however, if I ever need a cool chrome handle for some gadget I am making, I've got one. I live in fear of needing it and not having it. If someone shows up at my door and is desperate to charge their 2000 Ericsson cell phone, I can do it. I have chargers for all of my old cell phones. On one hand I realize this is stupid because I will never have any of those phones again and most of them they don't even make anymore but the charger is still good and it is possible that I will need one one day.

Back in the day, when I was growing up (before 337,000 cable channels and VCRs), when you stayed home sick from school if Mom let you watch TV you had 2 choices Soap operas or Game shows. I went with the Game show option. There was a show on called "Let's Make A Deal". At the end of the show the host, Monte Hall, used to pay people for odd things they had on them. Something like, "I will pay you \$50.00 for every expired coupon you have on you right now." If I ever got a deal like that I'm sure I could retire.

For the record, the day we went sledding we used all four sleds, drank the water, ate the snacks used all the spare gloves and hats, I took pictures, we all blew our noses, I was able to share some coffee with another dad who had taken his daughter sledding and was, obviously NEVER a boy scout and on the way home, thanks to a freak child's meal toy accident I used one of the band aids. I am nothing if not prepared. **FPT**

Flowers

- 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.
- 15% of U.S. women send themselves flowers on Valentine's Day.

Roses

- The red rose was the favorite flower of Venus,

the Roman goddess of love.

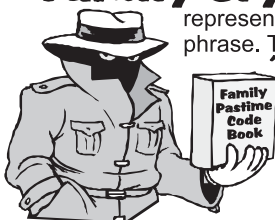
- Red roses are considered the flower of love because the color red stands for strong romantic feelings.
- 189 million stems of roses are sold in the U.S. on Valentine's Day.
- California produces 60 percent of American roses, but the greater number

sold on Valentine's Day in the United States are imported, mostly from South America.

- Approximately 110 million roses, mostly red, will be sold and delivered within the three-day Valentine's Day time period. **FPT**

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.



W O Y I C T W F X Y W Z L , B Q A W F Y W Z P T G W T
F I K I K N Y V G ? ~Anonymous

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

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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.** G.I. Joe Day, Give Kids A Smile Day, Hula in The Coola Day, Robinson Crusoe Day
JCPL Family Storytime 6:30 pm
- 2.** Groundhog Day, Sled Dog Day, African American Coaches Day
JCPL Mother Goose Time* (age 1) 9:30 am six week program, Two's Time* (age 2) 10:00 am, Preschool Pals (age 3-5) 11:00 am
- Sycamore Shoals** Homespun Storytelling Guild 6-8 pm
- 3.** Girls & Women in Sports Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11:00 am (age 3-5)
- Bays Mountain** Dining with Wolves 2 p.m.
- 4.** USO Day, Quacker Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11:00 am (age 3-5), K-2 Story Stretchers* 4:00 pm (grade K-2)
- 5.** Move Hollywood & Broadway to Lebanon, PA Day, Wear Red Day, Bubble Gum Day
- 6.** Dump Your Significant Jerk Day
Sycamore Shoals Workshop: 7-Step Chair Caning \$30 per class 4 total 9am – 4pm, Watercolor Paint 10am – 1pm \$12 (plus supplies) or \$20 (includes supplies)
- Bays Mountain** Wolf Howling 10 am, Dining with Wolves 3 p.m.
- 7.** Super Bowl XLIV, Ballet Day, Daytona Pole Day, Man Day, Wave All Your Fingers At Your Neighbor's Day
Bays Mountain Wolf Program 3 p.m.
- 8.** Boy Scout Anniversary Day, Laugh and Get Rich Day, Grammy Awards Day
JCPL Sit! Stay! READ!* 4-5 pm 1st - 5th graders Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 9.** Read in the Bathtub Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10:00 am, Preschool Pals *(age 3-5) 11 am, TEEN EVENT - CHOCOLATE FEST* 6 pm
- Sycamore Shoals** The Liberty Spinners 9:30 am – 1 pm
- 10.** Plimsoll Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11 am (age 3-5)

- Bays Mountain** Dining with Wolves 2 p.m.
- 11.** Satisfied Staying Single Day, White Shirt Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11 am (age 3-5)
- Hands On!** 9:30-11 am - Sheep Heart Dissection*. Learn all about the veins, arteries, and chambers that make it work. Ages 9+, cost \$10
- 12.** Lincoln's Birthday, Safety Pup Day
- 13.** Madly In Love With Me Day, Get a Different Name Day
JCPL Bilingual Storytime (Spn/ Eng) 2 pm
- Hands On!** Celebrate Valentine's Day and American Heart Month in the Eastman Discovery Lab.
- Sycamore Shoals** Workshop: 7-Step Chair Caning \$30 per class 4 total 9am – 4pm, Introduction to Knitting 10am – 12pm Cost: \$10 (with supplies) or \$5 (bring your own)
- Bays Mountain** Dining with Wolves 3 p.m.
- 14.** VALENTINES DAY, Chinese New Year, Daytona 500, Ferris Wheel Day, Library Lovers Day, Call In Single Day
- 15.** Presidents Day, Susan B. Anthony Day, Gum Drop Day
JCPL Family Storytime 6:30 pm Special Guest: "Abraham Lincoln" with reenactor Bruce Shawver
- 16.** Mardi Gras, Pancake Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10:00 am, Preschool Pals *(age 3-5) 11 am **Hands On!** Take It Apart. Do you like to take things apart and put them back together? If so, join us in the Eastman Discovery Lab this week in honor of National Engineers week. Test your reverse engineering skills on lots of items adults would never let you take apart. 2/16-2/21
- 17.** Ash Wednesday, My Way Day, PTA Founders Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11 am (age 3-5)
- Bays Mountain** Dining with Wolves 2 p.m.
- 18.** Battery Day, Introduce A Girl to Engineering Day, Pluto Day,
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11 am (age 3-5), Storytelling Program* 4 pm (Grade K-5th)
- 19.** Chocolate Mint Day

- JCPL** Dentist, Dr. Don Ratliff * 4 pm (K-5th Grade)
- 20.** Love Your Pet Day, Northern Hemisphere Hoodie Hoo Day, Clam Chowder Day
JCPL Chess with Ralph Roller 10 AM-12 NOON (Grade K-5th), Sit! Stay! READ!* 2-3 pm 1st - 5th graders Read to a Certified Therapy Dog for 15 minutes
- Sycamore Shoals** Workshop: 7-Step Chair Caning \$30 per class 4 total 9am – 4pm, Rag Rugs 10am – 3pm Cost: \$25
- Bays Mountain** Wolf Howling 10 am, Dining with Wolves 3 p.m.
- 21.** Mother Language Day
- 22.** George Washington's Birthday
JCPL Sit! Stay! READ!* 4-5 pm 1st - 5th graders Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 23.** Iwo Jima Day, Curling is Cool Day, Spay Day USA
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10:00 am, Preschool Pals *(age 3-5) 11 am **Hands On!** Learn all about teeth in honor of National Dental Month. You will take an impression of your own chompers and then make your own toothpaste. 2/23- 2/28
- 24.** Inconvenience Yourself Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11 am (age 3-5)
- Bays Mountain** Dining with Wolves 2 p.m.
- 25.** Chili Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company 10:00 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 26.** For Pete's Sake Day, Personal Chef's Day
Hands On! 9:30 - 11:00 am - Mommy and Me Artshop, Art workshop* designed for Moms and children ages 3-5! Cost \$10
- 27.** **JCPL** & Barter Theater Present "Tom Sawyer" 11 am & 2 pm
- Sycamore Shoals** Workshop: 7-Step Chair Caning \$30 per class 4 total 9am – 4pm, Pine Needle Baskets 9am – 2pm Cost: \$35
- Bays Mountain** Dining with Wolves 3 p.m.
- 28.** Sword Swallowers Day, Tooth Fairy Day
Sycamore Shoals 1:30 – 2:30 Autoharp & Dulcimer Beginners

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



Financial Gifts for Your Valentine

Valentine's Day is fast approaching, so you'd better get going with the flowers and chocolates for your sweetie. But this year, why not go beyond the traditional gifts and give a present that can make a difference in your loved one's life for years to come? Specifically, why not give a financial gift?

Of course, you could always put some cash or a check in a card, but with a little creativity, you can make a financial gift that has a longer-lasting and more profound impact. Here are a few suggestions:

- **Give stocks.** You will almost certainly surprise someone by giving a gift of stock, perhaps representing a company that makes products or services favored by the recipient. If you're giving shares of stock that you own, you can give up to a value of \$13,000 per year without incurring gift taxes. Since the recipient will be liable for income taxes if he or she eventually sells the stock for a gain, you will need to provide the recipient with the stock's "cost basis" — the amount you paid for the stock.
- **Give bonds.** Some people may not think of bonds as particularly exciting investments, but they have much to offer — including regular interest payments. Furthermore, if you give a municipal bond, you may also be supporting a local infrastructure project, such as the construction or improvement of a hospital or school that can benefit the community in which your valentine lives. And the interest payments on

a tax-free "muni" are exempt from federal taxes and may also be exempt from state and local taxes. (Municipal bonds may be subject to the alternative minimum tax.)

- **Help fund an IRA.** If your valentine has an IRA, he or she has chosen a good vehicle in which to save for retirement. A traditional IRA's earnings grow tax deferred, while a Roth IRA's earnings can grow tax free. (However, distributions from a Roth IRA may be subject to taxes and a 10 percent penalty if the account is less than five years old and the account holder is under age 59½.) While you can't make a direct contribution to someone else's IRA, you can write a check for that purpose. And it will likely be appreciated, because many people have trouble fully funding their IRAs each year. (In 2010, the IRA contribution limit is \$5,000, or \$6,000 if the IRA owner is over age 50, although these limits may be increased if they're indexed for inflation.)
- **Make a charitable gift in your valentine's name.** Charitable organizations need financial assistance more than ever. Consider making a gift to a charity that's important to your valentine. You'll be supporting a worthy cause, and as an added bonus, you may receive a tax deduction yourself.
- **Issue a "Get Out of Debt" card.** You probably can't take all your valentine's debts, but you may want to give a card stating you'll handle one car payment or a monthly credit card bill. The lower your valentine's debt load, the more he or she can invest for the future.

By taking any of these steps, you can help make Valentine's Day even more meaningful for your loved one — and your gift will be remembered long after the holiday is over. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

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Family Pastime Magazine
Last Month's Answer

SUDOKU- EASY Instructions: On page 2

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

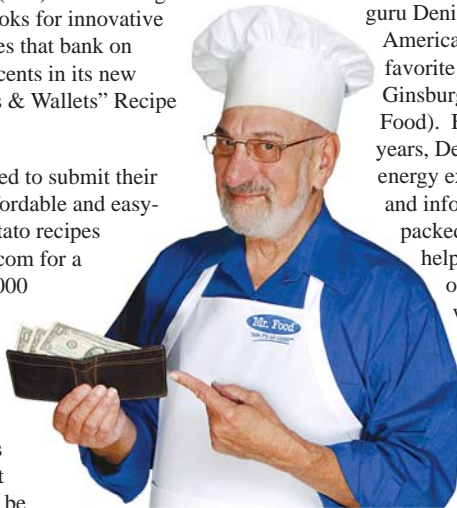
More Than \$7,500 In Cash & Prizes In Idaho Potato Recipe Contest

Calling all cooks: If you have a flair for preparing healthful fare, now is your time to shine. The Idaho Potato Commission (IPC) is rewarding resourceful home cooks for innovative Idaho® potato recipes that bank on flavor and still save cents in its new “Watching Waistlines & Wallets” Recipe Contest.

Consumers are invited to submit their original, healthful, affordable and easy-to-prepare Idaho® potato recipes on www.idahopotato.com for a chance to win the \$5,000 Grand Prize. Recipes will be judged by the potato pros on the following criteria:

- Use of Idaho® potatoes as the main ingredient (potatoes can be fresh, frozen or dehydrated);
- Recipe calls for no more than 10 ingredients
- Originality and taste
- Ease of preparation
- Overall healthfulness of the recipe and cost to make

The recession has prompted many consumers to dust off their cookbooks and prepare healthy and affordable meals at home versus dining out,” said Frank Muir, President/CEO, Idaho Potato Commission. “Idaho® potatoes, which cost around 25 cents each, are the perfect main ingredient for just about any meal. Not only are they low-cost and versatile, they are loaded



with important vitamins and minerals.”

Helping to kick off the contest are fitness guru Denise Austin and America’s all-time favorite foodie Art Ginsburg (aka Mr. Food). For over 25 years, Denise’s high-energy exercise DVDs and information-packed books have helped millions of Americans whittle their waistlines. Mr. Food’s daily food news segments teach millions of consumers how to prepare healthy and

affordable meals that the whole family will love.

Seven recipes will be chosen with one Grand Prize winner receiving \$5,000; one Runner-Up receiving \$1,500 and five Honorable Mentions receiving an exclusive prize pack. The prize pack will include autographed copies of both Denise’s new book, Denise’s Daily Dozen, and Mr. Food’s latest cookbook, Mr. Food TV Favorites, as well as \$100 in cash.

Visit www.idahopotato.com to view the contest

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guidelines and instructions on how to submit your original waistline- and wallet-friendly Idaho® potato recipe before the March 31, 2010 deadline.

The Idaho Potato Commission is a state agency that is primarily responsible for expanding the markets for Idaho®-grown potatoes through advertising, promotion and research. The Commission also protects the use of the “Idaho® potato” and “Grown in Idaho®” seals, which are federally registered Certification Marks that belong to the IPC. These Marks ensure that consumers are purchasing potatoes that have been grown in the state of Idaho. **FPT**

What did the stamp say to the envelope?
Stick with me and we'll go places
What travels around the world but stays in one corner?
A stamp
What does an envelope say when you lick it?
Nothing, it shuts up.
If your Aunt ran off to get married, what would you call her?
Antelope.

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Farewell To The Frantic Mom

Over the past year and a half, in every column, I have tried to pack a lot of information and helpful tips into a very short amount of space. I am thankful for the great opportunity that Chris

Joker at **Family Pastime Magazine** has afforded me and hope that you, the readers have enjoyed reading this column as much I have enjoyed writing it.

In my life nothing is as consistent as change. Change is hard, but after much deliberation and thought; I have decided to pursue a long held dream of mine to write a book. To accomplish this, plus keep up all my work and family obligations I have had to make some difficult choices. Rather than throw the baby out with the bath water, I have decided to become an occasional contributing writer rather than a monthly one.

I would like to leave you with two things: a list of helpful books that I have stumbled upon to get you through your next couple months of parenting adventures and a favorite quote.

About Kids:

- Letting Go: A Parents' Guide to Understanding the College Years 5th Edition by Karen Levin Coburn and Madge Lawrence Treeger
- Super Memory-Super Student: How To Raise Your Grades in 30 Days by Harry Lorayne
- Every Child Has a Thinking Style: A Guide to Recognizing and

Fostering Each Child's Natural Gifts and Preferences
---To Help Them Learn, Thrive, and Achieve

- By Lanna Nakone
- Think Organized For Parents and Children: Helping Kids Get Organized for Home, School & Play by Rhona M Gordon

About Parents:

- Where to Draw The Line: How To Set Healthy Boundaries Every Day by Anne Katherine, M.A.
- You Matter More Than You Think what a woman needs to know about the difference she makes by Dr. Leslie Parrot
- The Weekend Marriage Abundant Love in a Time-Starved World by Mira Kirshenbaum

You see things; and you say "Why?" But I dream things that never were; and say "Why not?" George Bernard Shaw

Editor's note, Donna's life is nothing if not frantic. We have enjoyed sharing her trials and tribulations with you. We will miss her monthly contributions but wish her the best and can't wait to review her book. If you or anyone you know would like to pick up the gauntlet and share your family experiences please send a writing sample to editor@familypastime.com. Donna, all the best.

Why should you send your sweetie a valentine?
Because you always heart the one you love!

Why did the cannibal break up with his Valentine?
She didn't suit his taste!

SUDOKU HARD Instructions: page 2

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

Sudoku Really Hard Instructions: On page 2

	4		1					8
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				1		8	9	
7					8		1	

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Writing Research Papers Part 1

By: Lisa Baughn

As high school

process, so establish a time amount to devote to the paper and put it on the calendar. It might be 15 minutes every other day to review notes and information, or an hour session a week. Determine when you want the paper done, in the next 2 weeks, month or you can take a whole semester to write a paper and this will determine how much mentoring they need.

We like to begin with the end in mind, so we let our children know what is in a paper. You start with introducing a topic, then the body of the paper (where most of their research will go) and a conclusion. You can pull up examples of papers online to show your children, or if you still have one from high school or college, by all means, show them yours!

Begin to gather information. Your topic will dictate where you get information. Encourage multiple sources: books, periodicals, magazines, encyclopedias, internet, museums, and more.

Assemble information. In the old days, we put that information on note cards, then assembled the note cards into a paper. Today, children can keep notes in their computer, and then rearrange thoughts, add and change.

In the internet world of "cut and paste," links, Facebook and Twitter, etc. it is definitely MORE challenging to explain plagiarism, but it absolutely must be done. **Copying is stealing.** It has permeated college campuses across the country and it is a huge issue in real life. Be clear with your children that you want THEIR words, not a cut and paste of someone else's thoughts. If they copy it, they get an automatic "F" on the paper. Period.

Once they have their information assembled, help them begin to arrange it in an order that makes sense. This is where the children can really show fatigue, panic or get stuck! This is where the mentoring process really kicks in, and the fun begins!

Clear the kitchen table off, send the other children off to work on a project, make hot chocolate or root beer floats and sit down and look at what they have pulled together so far. Ask questions, what would you like to say in this paper, what was most interesting to you out of your research, how does this work, talking their subject through. How should you start it (intro) and how should you end it (conclusion). They are LEARNING the PROCESS and simply talking it through will help them arrange their thoughts and

get a stronger grasp on the entire process.

Once thoughts are in order, help them physically arrange their notes into logical order and THEN it is a relatively simple process to begin writing. They are just going through their note cards, whether written by hand or in their computer, and fleshing them out a bit more.

This is the easy way to help them write a term paper!

Unfortunately, I have a word limit and cannot fit EVERYTHING in to this month's column, so it is a two part series. Look for next month's column with more on writing the paper, some terrific ideas for different styles of learning and how to inspire struggling learners, and children with learning disabilities! In March, part two, **Writing Papers With Struggling Learners – Keys to Success! FPT**

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

Sudoku last month's Really Hard answer

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

advances forward, homeschool parents realize they have to teach their children to write a term paper at some point. Yikes! Writing is one of those subjects some parents cringe at teaching, let alone the ubiquitous "term paper!" Yet, you know that you are sending your child out ill equipped if they have never written a single paper while under your roof!

How do you eat an elephant? One bite at a time! The same is true with writing term papers, research papers and more. You CAN teach your children how to write a research paper by following a couple of simple steps. This is not all inclusive, but a simple guideline to get going.

Approach writing a term paper as a fun project that you are going to dive into together. Don't make it out to be some big, scary thing. Make it fun, an adventure, be excited! Your attitude up front can really impact their success, so be wise in how you approach it, no matter how scared YOU may be to teach writing!

Decide how long you want that first paper to be, hopefully just 2-3 pages, plus a front page, and a resource page (which means 4-5 pages total). Get the children on board telling them, "We are going to learn a ton about a subject, pull together some notes about it, then write about it and print it out."

You are going to mentor your child through the

SUDOKU Medium

Instructions on page 2

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

Hello Tomorrow

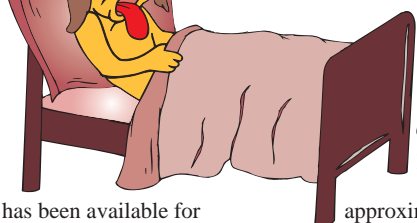
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The Truth About Pet Insurance



Although pet insurance has been available for approximately 20 years, many pet owners have never heard of it and are surprised that such a thing would even exist. After all, insurance is for people, right? Well, if you have ever had to empty your savings account in order to pay for a pet's surgery or if you have ever had to put a beloved pet to sleep because you couldn't afford medical care, then you can absolutely testify to the usefulness and worth of pet insurance.

As is the case with most other health-related expenses, the costs associated with an average pet's medical care - preventative, emergency and catastrophic - are rising all the time. If you have multiple pets, the cost of even the most basic care can be financially crippling. When deciding whether or not to buy a health insurance policy for your pet, you have to ask yourself a few questions. Do you consider your pet to be a member of the family? Would you be unable to pay for (potentially) thousands of dollars in medical bills if your pet develops cancer or needs long-term medical care? Would it absolutely break your family's heart to have to euthanize your pet because you didn't plan ahead for potential health crises? If you answered "yes" to any of these questions, then you'll want to seriously consider purchasing an insurance policy for your pet.

What Kind of Pet Insurance Is Available?

Pet insurance is now available through a multitude of specialty companies; and, just as with your average health insurance plan, the higher the premium, the greater the range of benefits you and your pet receive. The average plan costs anywhere from \$20 - \$40 per month and has either no annual benefit limit at all or a limit of approximately \$15,000 - \$20,000. Many plans offer discounts for coverage of multiple pets. Your deductible will be determined by the plan you choose, but the average is approximately \$100 per year.

Since the majority of the medical expenses generated by a pet are related to routine procedures, look for a plan that covers vaccinations, neutering and spaying, annual check-ups and dental care. You want your pet to be protected in case he develops a serious illness or injury, but these lower-budget procedures can also put a big dent in your bank account. Make sure your pet is




covered! What Sort of Restrictions Are There?

You may be willing to pay for your pet's health insurance, but that doesn't mean an insurance company will automatically cover him. If your pet is over a certain age, he may be denied coverage. Even if you find insurance for your pet, there are always certain coverage limits and restrictions. Most policies won't cover the treatment of pre-existing conditions or genetic defects. Sometimes cancer is also excluded from coverage (although many companies will add cancer care to the coverage for an additional cost).

Be aware of any waiting periods that are written into your pet's policy. The waiting period will determine when your pet's coverage actually begins - waiting periods can last anywhere from two weeks to six months. Once your plan takes effect, you may have to choose a veterinarian from a list of approved providers.

What Are the Alternatives to Pet Insurance?

If your pet does not qualify for insurance or if you simply choose not to buy a policy, there are a few money-saving options you can try. One example is a pet health care discount program (i.e. Pet Assure). When you join the program, you receive a discount (up to 25%) on your pet's medical care as long as you patronize participating veterinarians. Other benefits, such as prescription discounts and access to product coupons, are also included in the membership fee.



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If your uninsured dog needs emergency medical care and you have no funds available, ask your vet if their clinic offers any sort of emergency funding. Sometimes veterinarians will set aside funds for pets whose owners cannot afford care, especially if the treatment does not involve long-term care and multiple visits. If there are no such funds set aside, you may be able to finance the fees. A final option (and definitely a long-shot) is the humane society or non-profit pet support group that offers financial aid. You have to apply for their limited funds and few applicants actually receive enough money to pay the totality of their pet's medical bills. Insurance is really the only way to make sure that your pet can receive costly medical care if he needs it. **FPT**

Courtesy of www.i-love-dogs.com

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Operator Chris Joker URGENT

Smart Ways To Manage Medications

(NAPS)—The good news is, prescription medications can improve your health. A

problem, however, can be that the more

drugs you're prescribed, the more likely you are to forget to take them, according to a new national survey by Medco Health Solutions, Inc.

The survey found that more than half of Americans aged 65 and older take at least five different prescription drugs regularly and one in four take between 10 and 19 pills each day. What's more, 63 percent of seniors prescribed five or more medications forget to take them and nearly one in four neglect to fill their prescriptions on time.

This can lead to complications and even hospitalizations. Using many different medications and visiting different doctors can raise the chances of missing doses or improperly following prescription directions.

Here are some tips to help you manage your medications:

Keep medications in a common

place: Choose a location that makes your medications easy to spot, such as on the kitchen counter, as a reminder to take them. Always keep medicines in their original containers and remember to keep them out of sight and reach of children.

Alert yourself: Try setting an alarm or asking a trusted family member or friend to call to remind you to take your medications. Many pharmacies offer e-mail refill reminders when you use their mail-order pharmacy.

Keep a personal medication record:

Writing down all the medicines you take—including over-the-counter drugs, vitamins and

supplements—and sharing that list with your doctor or pharmacist can help reduce the risk of a

harmful drug interaction. Important details to include on that list are the dosages, how you take the medication and the condition it treats.

When traveling, consider time-zone changes: If you're traveling to a different time zone, ask your pharmacist about how to adjust your schedule so you can avoid

missing doses. The adjustment will vary according to the type of medication you take. Being knowledgeable about your medications is important when it comes

to controlling health risks and decreasing your health care costs.

You can learn more about properly managing your medications by reading a free booklet called "The Smart Guide to Managing Medications."

Free Brochure

Go to www.Medcomedicare.com to get an electronic version of the guide or send a postcard with your name and address to "The Smart Guide to Managing Medications," P.O. Box 8007, Parsippany, NJ 07054-8007. **FPT**



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Cheesy Potato Skin Pizza

SUPPLIES:

- 6 medium-size russet baking potatoes
- Salt and pepper to taste
- 2 1/2 C favorite pasta sauce, warmed
- 1/2 C grated Parmesan cheese
- 2 C grated mozzarella or other pizza cheese
- Toppings of choice (chopped olives, green peppers, sliced and sautéed mushrooms)

HOW TO:

1. Pre-heat oven to 400
2. Scrub potatoes Bake for 50 to 60 minutes, until tender at center.
3. Cool potatoes briefly
4. Halve them lengthwise and scoop out most of the flesh leaving a thin potato wall.
5. Cool the skins. If you're not preparing the pizza the same day, refrigerate them.
6. To continue preparing the pizza,
7. Arrange skins close to each other on a well-greased baking sheet.
8. Lightly salt and pepper insides of the skins.
9. Spoon sauce into skins, dividing it equally.
10. Sprinkle desired toppings over skins
11. Cover them evenly with the Parmesan cheese. Sprinkle with the mozzarella.
12. Bake on center oven rack for 15 minutes.

TATER TOT CASSEROLE

SUPPLIES:

- 2 lb ground turkey cooked, seasoned, drained
- 3 (2lb) bags tater tots
- 2 cans cream of mushroom soup
- 2 cans evaporated milk
- 2 cans cream of chicken

HOW TO:

1. Brown meat & place in large casserole dish
2. Cover with tater tots
3. Mix soup & milk together
4. Pour mixture over top
5. Bake at 350 for 1 Hour

CHICKEN & NOODLES

SUPPLIES:

- 8 cans cream of chicken soup
- 10 TBS Mexican. chicken bouillon
- 17 C water
- 1 onion chopped (or 1 TBS onion powder)
- 4-5 bags egg noodles
- chunks cooked chicken (optional)

HOW TO:

1. Boil Soup, Bouillon, Water, & Onion for 5 minutes
2. Add Noodles & chicken
3. Add pepper to taste

Kid Friendly Recipes



TACO SOUP

SUPPLIES:

- 3 lbs ground turkey
- 1 med. Onion, chopped
- 3 (4oz.) Cans green chilies, chopped
- 3 tsp. Salt
- 1 1/2 tsp. Pepper
- 3 pkg. Taco seasoning
- 3 pkg. Ranch or 1 C. Liquid ranch dressing
- 3 cans hominy, NOT drained
- 9 (14 1/2 oz.) Cans diced tomatoes, NOT drained
- 3 (15oz.) Cans kidney beans, NOT drained
- 6 (15oz.) Cans pinto beans, NOT drained
- 5 C. Water

HOW TO:

1. Brown ground turkey with onion.
2. Stir in remaining ingredients
3. Bring to boil
4. Simmer 30 minutes
5. Serve with Tortilla chips, grated cheddar cheese & sour cream

Crock Pot Lasagne

SUPPLIES:

- 4 LBS ground chuck
- 4 (28oz.) Jar spaghetti sauce
- 32 lasagna noodles
- 3 (15oz.) Cottage cheese
- 4 tsp dried Italian seasoning
- 11/3 C water
- 4 (4oz.) Can of mushrooms
- 6 C shredded part-skim mozzarella cheese

HOW TO:

1. Cook beef and Italian seasoning in a large skillet over medium-high heat, stirring until beef crumbles
2. Drain
3. Combine spaghetti sauce, mushrooms, seasoned meat and water in bowl
4. Layer thinly in bottom of lightly greased 5-quart electric crock pot: 4 uncooked lasagna noodles, sauce mixture, cottage cheese & mozzarella cheese
5. Repeat for each layer (approx 8 total layers)
6. Cover & cook on high setting for 1 hour
7. Reduce heat & cook on low setting for 5 hours

Quick Chicken Cutlets

SUPPLIES:

- 4 boneless, skinless chicken breasts (about 6 OZ. each)
- 2/3 C fine dry bread crumbs
- 1/3 C freshly grated Parmesan
- 2 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/8 tsp pepper
- 1 egg, beaten
- 2 TBS milk
- 1/2 C flour
- 2 to 4 TBS olive oil for frying

HOW TO:

1. Rinse chicken breasts and blot them dry.
2. Place 2 of the chicken breasts inside a large, heavy-duty plastic freezer bag. Partially seal the end of the bag, leaving a slight gap so air can escape. Using the smooth head of a tenderizing mallet or a rolling pin, pound the meat in even strokes, working from the center out (be careful not to tear the plastic), to a uniform thickness of about 1/3 inch.
3. Repeat this process with the remaining chicken in a new plastic bag. Put the pounded cutlets on a plate and set them aside.
4. Combine and stir to mix the bread crumbs, Parmesan, basil, oregano, salt, and pepper in a shallow medium-size bowl.
5. In a separate shallow bowl or pie plate, beat together the egg and milk. Set both of the bowls aside.
6. Spread the flour on a plate. Arrange the breading ingredients in assembly-line fashion in this order: cutlets, flour, egg mixture, crumb mixture, empty plate. Working one piece at a time, dredge both sides of the cutlet in the flour, knocking off the excess.
7. Dip both sides of floured cutlet in egg mixture.
8. Coat both sides of cutlet with crumb mixture. Set the breaded cutlet on a clean plate and repeat the process with the remaining pieces.
9. In large skillet over medium-high heat pour in about 2 TBS olive oil, Heat oil 2 to 3 min, then add the cutlets. Fry each side for 2 1/2 to 3 minutes, turning once, until chicken is browned and cooked through. Remove cutlets from heat and serve. Makes 4 servings.
10. Make the tangy-sweet honey mustard dipping sauce: Stir together 1/4 C deli-style mustard, 3 TBS sour cream, and 1 to 1 1/3 TBS honey, to taste.



ANIMALS (WINTER CHILL)

By: Georgia Teich

It sure has been cold these last few weeks. I wondered about the animals at a time like this. Many of the animals avoid freezing temperature by selecting hibernation sites that do not freeze. Some overwinter on land, buried beneath vegetation or in burrows, and some stay under water and bury themselves in the mud at the bottom of ponds.

This winter was unusually cold in Florida. The temperatures were at times 20 degrees below normal, some animals needed help from humans for survival. More than 200 manatees found a balmy canal outside a power plant in Tampa. Giant eagle rays and spinner sharks joined them in the 70 degree

water. It was like a spa to them.

Sea Turtles were the

hardest hit they suffered from "cold stunning" About 200 were rescued from Joseph's Bay in the Panhandle. They were brought to the Gulf World Marina Park, where they will stay until they can be released in to warmer water. The Sea Turtles on the East coast of Florida were rescued by the Preservation Society in Brevard County. Freshwater turtles are more fortunate they can go into the mud and hibernate



The record cold weather threatened the lives of tree dwelling iguanas. These cold blooded reptiles can reach 6 feet in length and maintain a body temperature

similar to the air around them. When it gets unusually cold their bodies just "shut off" and they lose their grip on the tree and start falling. Some people in Florida described it as "raining iguanas" during the cold snap. They turn gray, ashen color and look dead. Many will wake up as the sun raises the temperatures. The larger ones stand a better chance at survival.

The advice given by Vets is to bring your pets inside when the temperatures fall to record breaking lows. If you're not able to do that, load them up with extra blankets and extra hay if you have hay. If you can help keep the wind off of them by putting a tarp or some sort of sheet or blanket over that will help when the winds are 30 to 40-miles per hour. You can feed them extra food that will help keep them warm, help keep their metabolism going. You could heat up their food, give them something warm. Experts say pet owners can also use human sweaters and coats to put on their animals outdoors if they can't be brought indoors. **FPT**

Cut The Mustard

Meaning:

To succeed; to come up to expectations.

Origin:

of discipline; hardly a phrase that would have been adopted with the meaning of success or excellence. This line of thought appears to have been influenced by confusion with the term 'pass muster', which would have the correct meaning, but which could hardly be argued to be the origin of 'cut the mustard'.

There has been an association between the heat and spiciness of mustard and the zest and energy of people's behavior. This dates back to at least 1672, when the term 'as keen as mustard' is first recorded. 'Up to mustard' or just 'mustard' means up to standard in the same way as 'up to snuff'. 'Cutting' has also long been used to mean 'exhibiting', as in the phrase 'cutting a fine figure'.

Some suggest it comes from a cowboy expression, "the proper mustard", meaning "the genuine thing", and a resulting use of "mustard" to denote the best of anything. O. Henry in Cabbages and Kings (1894) called mustard "the main attraction": "I'm not headlined in the bills, but I'm the mustard in the salad dressing, just the same." Figurative use of "mustard" as a positive

superlative dates from 1659 in the phrase "keen as mustard", and use of "cut" to denote rank (as in "a cut above") dates from the 18th century.

The earliest example in found print is from The Iowa State Reporter, August 1897, in a piece about the rivalry between two Iowa towns: Dubuque had the crowds, but Waterloo "Cut the Mustard"

The use of quotation marks and the lack of any explanation of the term in that example seem to imply that 'cut the mustard' was already known to Iowa readers and earlier printed examples may turn up to support this argument. Since no definitive explanation is available this edition of "Say What" simply does not....cut the mustard. **FPT**



Say WHAT???

By: Family Pastime Staff

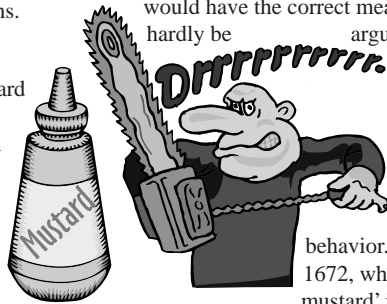
Exactly why cutting mustard

was chosen as an example of high quality is up for discussion and many suggestions have been offered. Those suggestions include:

- Mustard seed, which is hard to cut with a knife on account of its being small and shiny.
- Mustard plants, which are tough and stringy and grow densely.
- Culinary mustard, which is cut (diluted) and made more palatable by the addition of vinegar.

While these explanations may seem plausible, there is no evidence to support these suggestions as the actual origin. They more likely have been "retro-fitted" in an attempt at plausibility.

Another explanation is that the phrase is simply a mistaken version of the military expression 'cut the muster'. Research shows "Muster" is the calling together of soldiers, sailors, prisoners, to parade for inspection or exercise. To cut muster would be a breach



Marilyn Cutshall

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Treecycling

By Michael Bloch

Cutting down a well established tree is a terrible thing; but sometimes it just can't be helped if the tree poses some sort of threat.

At times, a tree may be brought down by natural forces such as storms rather than those exerted by humans. Clearing up the fallen tree can be quite time consuming and expensive.

The last time I had to remove a dead tree, hours were spent in cutting it up into small enough chunks to fit

in my van and then after transporting it some miles I was charged 50 bucks by the waste depot to add it to their green waste pile which they turn to mulch/ wood chips and resell. At least it didn't wind up in the general garbage stream.

While the tree I removed

didn't have any real "value" in terms of wood - at times they do; and that's where "treecycling" "Urban logging".

According to an item on Grist, annually, an estimated 2 million board feet of lumber in the Charlotte, North Carolina metro area is wasted in the local landfills due to storms, land clearing, maintenance or disease. That's just one city; so imagine how much is lost around the world each year.

Instead of this useful timber being wasted as firewood or simply sent to landfill, some mills will visit a home or place of business and turn the fallen trees into lumber. The service is usually free on condition that the mill can sell the lumber.

injectors or other fuel system parts.

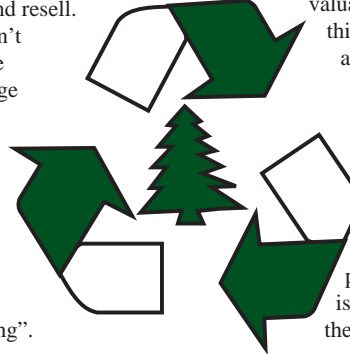
- Emission-control failures such as loose or cracked vacuum hoses, a loose or missing gas cap or a defective EGR (exhaust gas recirculation) valve.

How you should react to a "check engine" light depends on how the light behaves. If the light comes on for a little while and then goes out, you may have had a momentary problem in the system. The light goes out when the problem stops, but the computer could have stored a diagnostic trouble code in its memory. If the light does not recur, it can be ignored. However, if the light comes and goes intermittently, take the vehicle in for a checkup.

If the light comes on and stays on, the car has an ongoing problem. While that problem may not be severe, it will negatively impact your car's performance, gas mileage and exhaust emissions. Take your vehicle to a repair shop as soon as possible for further diagnosis.

Depending on the size of the tree, a small saw mill may be set up on site or the tree cut into logs and hauled away for further processing.

These urban loggers won't take it all, just the valuable portions of the trunk, but this can still save home owners a substantial amount of money and effort in clearing fees. If the remaining branches are small enough, it is sometimes worth the money to then hire a chipper for a day to make short work of the remains and use the chips as garden mulch and covering so no part of the tree is wasted. Mulching is also a great way to save water in the garden.



Treecycling can also be carried out for your own use. In some areas, you can hire a miller with a portable rig who will turn the tree into boards of your specification. This can be rather expensive, but is quite popular with folks who are into doing their own wood work or were very attached to the fallen tree and would like to keep it around in some form - just preferably not taking up half their yard :).

To find these sorts services, try the following search on Google: treecycling Johnson city or treecycle Johnson city **FPT**

Courtesy of: GreenLivingTips.com

Deciphering Your Car's "Check Engine" Light

(NewsUSA) - Many drivers don't know what the "check engine" or "service engine soon" warning light on the instrument panel really means. Understanding the purpose of this light, and knowing what actions to take when it comes on, can help you nip problems in the bud -- and possibly prevent major damage.

An illuminated "check engine" light is telling you the engine control computer has detected a problem that is causing the vehicle to produce excessive exhaust emissions. Sometimes the light will be accompanied by noticeable performance problems, such as an engine miss or hesitation, but other times the vehicle will appear to operate normally. Common failures that can trigger a "check engine" light include:

- Failed engine-control components such as an oxygen, coolant temperature, MAP (manifold absolute pressure) or airflow sensor.
- Engine misfires from faulty sparkplugs, sparkplug wires, ignition components, fuel

If the "check engine" light begins to flash on and off, a severe problem is causing the catalytic converter to overheat. This can destroy the converter and possibly even start a fire. If your repair shop is nearby, drive there immediately. If the shop is some distance away, shut off the car and call for assistance. Always have the cause of a flashing "check engine" light investigated right away to prevent damage to important components that can greatly increase the cost of repairs.

AAA Approved Auto Repair facilities can diagnose "check engine" light problems and provide a full range of vehicle maintenance and repair services. Approved Auto Repair shops meet AAA's high standards for customer care and technical proficiency. To locate a shop near you, look for the AAA Approved Auto Repair logo or visit www.AAA.com/repair. **FPT**

What does a man who loves his car do on February 14?
He gives it a valenshine!

DOUBLE TAKE

Find at least 28 differences in the two pictures (answers are on the bottom...no peeking!!!)



Shell, Rug Fringe, Fingers, Bookshelf Height, Peppernuts, Tongue, Helmet stripe, Flag, Dog Collar

Clock, Books, Cabinet handles, Flowers, Fish, Dress, Smile, Helmet Strap, Chair, Banana, Arm, Lamp Laces, TV knobs, Curtain, Curtain rod, Portrait, Soda can, Calendar, Rug Fringe, Fingers, Bookshelf Height, Peppernuts, Tongue, Helmet stripe, Flag, Dog Collar



Plan Family Activities On a Budget

By: Hannah Keeley

(NewsUSA) - Families are tightening their budgets. For many, this means fewer activities outside of the home. With less dining out, movie outings, sports games or other extracurriculars, there's no better time for budget-conscious moms and dads to

really connect and spend quality time with their kids throughout the year.

Start at home

One of your biggest monthly investments is your family home, so why not get your money's worth? If your kids don't think staying home is cool, here's your opportunity to get creative.

- Establish a weekly game night. There's no need to buy new games, just ask other parents if they have games that you can borrow.
- Subscribe to a home movie-rental service. Let the kids add their favorite movie to the queue as rewards for accomplishments.
- Dining in style. Try to eat more meals at home. Keep the meal simple, so the family can prepare it together. I like to use affordable canned vegetables, like Libby's, in recipes and as side dishes because

they are delicious and easy to prepare.
Get Out of Town

No matter the season, families benefit from fun trips and activities. With a little creativity, families can plan little escapes that don't jeopardize the mortgage.

- Plan trips close to home. Look for locations three to four hours away to make it a road trip and save on airfare.
- Try camping. Once a popular option, many young families are getting back into the adventurous spirit of camping. During cooler months, rent a cabin at a discounted rate.

For more tips from Hannah Keeley on how to connect with your family, visit the Libby's Vegetables Web site at www.GetBacktotheTable.com. **FPT**

Hannah Keeley is a mother of seven, the host of "Hannah Help Me!" on PBS and author of "Hannah Keeley's Total Mom Makeover: The Six-Week Plan to Completely Transform Your Home, Health, Family, and Life."



THE magazine for the WHOLE family

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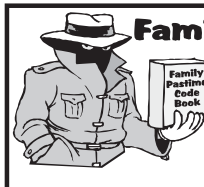
Last month's Easy Answer

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

SUDO-KID-U 2

Instructions: On page 2

	4		
1			
			3
2			



Family Crypto-Time-Last Month's Answer

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: OZIVQESNWPGBATUFLYDCRJKHMX

~Edith Lovejoy Pierce



It seems that everyone around us is getting sick. Colds and Flu are common this time of year. When you get sick there is one important, but yucky thing that we must deal with, SNOT! So we will study boogers together. Start out by pushing your 1st finger up your right nostril... just kidding! The real name for snot is Mucus. Mucus is a thick, sticky, slimy substance that is found in and around many parts of your body. The most common place is inside your nose. In the nostril it's a thick, sticky, wet pudding-like (it is really gross to refer to snot as pudding like, don't you think?) gunk that coats the hairs and skin inside your nose. Mucus becomes very important with every breath that you take.

Each time that you take a breath, there are three very important things that happen.

1. The air that you breathe in is cleaned.

SNOT IS WONDERFUL!

By: I.M. Yuckee

The mucus traps little bits of dirt and dust and germs that come in through your nose.

As you breathe, the air is made slightly wet.

3. The next thing that takes place when air enters your nose is that the air is warmed. This

happens because the blood flows through the lining of the nose and gives off heat.

Even though these three actions are to keep you healthy, germs can sometimes get into your respiratory system. The germs start growing in your nose, throat and

lungs and You have a cold!

When you have a cold the linings of your nose and throat can swell. When swelling occurs mucus will begin to form. Its purpose is to wash away the germs. Often, the mucus builds up and blocks the air passages. This is what causes a stuffy nose and a cough.

When snot dries up and becomes flaky, we refer to it as Boogers. These small bits of dried mucus are filled with the junk that's in the air you breathe, Dust, pollen, germs, sand, fungi, smoke, small particles from outer space! The good thing about your mucus is that it helps trap all this junk and keep it from getting close into your lungs.

It seems like the main function of mucus, snot, boogers, whatever you want to call it is to trap particles, junk in the air inhaled through the nose and keep our lungs clean. Exhaling through the nose helps to expel, to push out the mucus with the trapped dirt in it. Our nose really acts like a vacuum cleaner for the air, and blowing our nose is like emptying the bag.

FPT



Valentines Day Fun Facts

Valentine's Day or Saint Valentine's Day is a holiday celebrated on February 14 by many people throughout the world. In the English-speaking countries, it is the traditional day on which lovers express their love for each other by sending Valentine's cards, presenting flowers, or offering confectionery. The holiday is named after two among the numerous Early Christian martyrs named Valentine. The day became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished.

The day is most closely associated with the mutual exchange of love notes in the form of "valentines". Modern Valentine symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten notes have largely given way to mass-produced greeting cards. The sending of Valentines was a fashion in nineteenth-century Great Britain, and, in 1847, Esther Howland

developed a successful business in her Worcester, Massachusetts home with hand-made Valentine cards based on British models. The popularity of Valentine cards in 19th century America, where many Valentine cards are now general greeting cards rather than declarations of love, was a harbinger of the future commercialization of holidays in the United States. It's considered one of the Hallmark holidays.

The U.S. Greeting Card Association estimates that approximately one billion valentines are sent each year worldwide, making the day the second largest card-sending holiday of the year, behind Christmas. The association estimates that, in the US, men spend on average twice as much money as women. **FPT**

Q. What do you call a very small valentine?
A. A valenty!

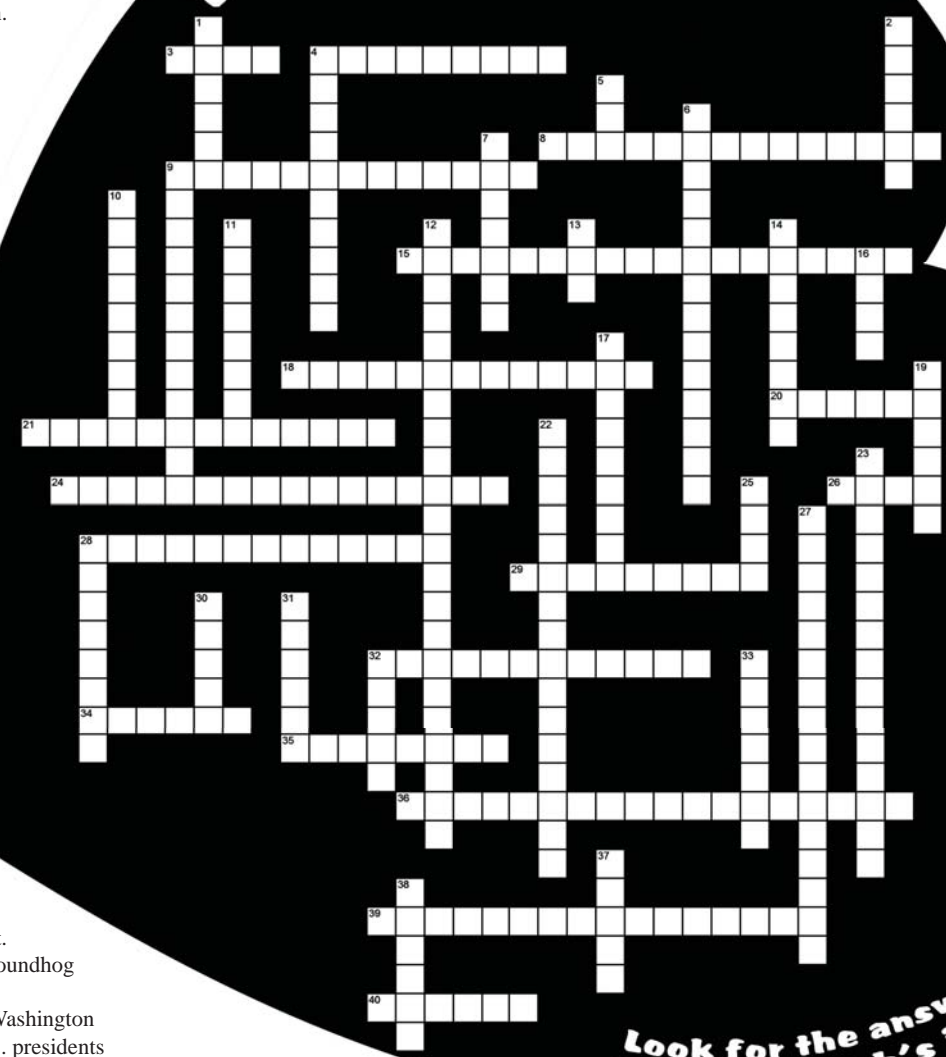
SUPER SUDOKU Answer from last month

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



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Look for the answers
in next month's issue

Across

- 3. A smooch
- 4. Another name for a groundhog.
- 8. 16th President
- 9. Covert devotee
- 15. How much wood could a woodchuck chuck if a woodchuck could chuck wood?
- 18. Where Phil makes his yearly predication.
- 20. The "Love apple".
- 21. 21st president. He gets NO press so we thought we would throw him a bone.
- 24. Official groundhog in Pennsylvania.
- 26. Amore'
- 28. The woman who helped hundreds of escaped slaves flee to freedom in the North via the Underground Railroad?
- 29. Youngest U.S. president to serve.
- 32. Ground hog day was derived from the ancient Christian celebration of this.
- 34. The groundhog belongs to this order
- 35. The groundhog belongs to this family.
- 36. The date Valentines Day is celebrated.
- 39. Father of our country
- 40. Still another name for a groundhog.

Down

- 1. First U.S. president to have a Christmas tree in the White House.
- 2. Sailors used this to send messages to their lovers while at sea.
- 4. Yet another name for a groundhog.
- 5. Made the first presidential flight.
- 6. First African-American to play major league baseball
- 7. Youngest man ever elected U.S. President.
- 9. How much longer will winter be if the groundhog sees his shadow?
- 10. He served as Vice President to George Washington
- 11. Birthplace of the greatest number of U.S. presidents
- 12. Scientist who developed hundreds of products from peanuts
- 13. Embrace
- 14. The one and only.
- 16. Bird that symbolizes Valentines day.
- 17. The woman who refused to give up her bus seat, prompting a city-wide bus boycott
- 19. Former President and they make a pretty good vacuum cleaner too.
- 22. First African-American who served on the US Supreme Court?

- 23. Traditional Valentines gift often in a heart shape.
- 25. Got stuck in the White House bathtub.
- 27. Great civil rights leader who won the Nobel Peace Prize and was assassinated in 1968?
- 28. Top seller of Valentines cards in America.
- 30. First president to visit all 50 states.
- 31. Cupid shoots these
- 32. Roman God of love

- 33. ----- are blue
- 37. ----- are red
- 38. Oldest man ever elected U.S. president.

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

Foam Core Hovercraft

A hovercraft is a vehicle which travels above land and water. The word hovercraft is actually a name created in 1955 for an air-cushion vehicle. Hovercrafts work on the two main things lift and thrust. When working with a hovercraft, the subsistence lift is very important for the vehicle. Lift is an important issue because it is what allows the vehicle to ride on a cushion of air several inches off the ground. This process of lift begins by directing airflow under the craft. Our foam Core Hovercraft is capable of almost frictionless flight across a smooth surface.

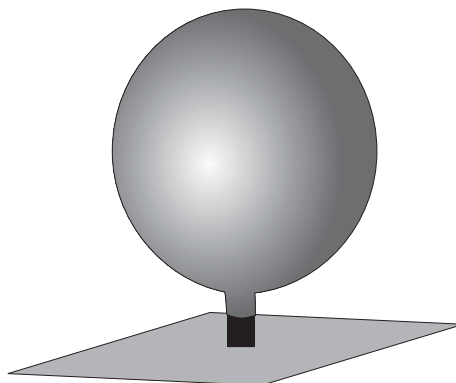
SUPPLIES:

- One over-sized balloon (12-16 inches)
- S 12" x 12" piece of foam core (foam core is the board on which artwork is mounted inside of a picture frame and is available at hobby stores).
- A plastic film container
- Some bathroom caulk.
- Craft knife

3. Place the film container over the center and trace a circle around the bottom of the container. Use the craft knife to carefully cut a hole that exactly fits the film container.
4. Check the foam core to see which diagonal corner. (this will allow you to easily find the center).

the balloon over the top. Blow up the balloon through the bottom of the film container and pinch off the stem with your fingers to prevent the air from escaping too soon. Place the foam core on a smooth surface and give it a gentle push. It will glide effortlessly. If the surface is somewhat rough, you will need to enlarge the hole.

8. You can experiment by using a smaller piece of foam core or trimming an inch or two from each edge of the large piece. Try different size holes to observe the effect. If the hole is too large, you can try placing cellophane tape over the



bottom of the film container and cut a smaller hole in the tape. When everything is operating properly, the hovercraft will take off and fly in different directions on its own. **FPT**

way it curls. You want the curl to face up so that the edges are higher than the center when the foam core is resting on a flat surface.

5. Press the film container into the hole so that the bottom is even with the bottom of the foam core.

6. Run a bead of silicone caulk around the container where it enters the foam core and let it dry for 24 hours. The container should be flush with the bottom of the foam core and form a smooth surface.

7. Drill a 3/32-inch hole in the bottom of the film container and stretch

HOW TO:

1. Cut the foam core into a one-foot square
2. Draw a line from one corner to the opposite

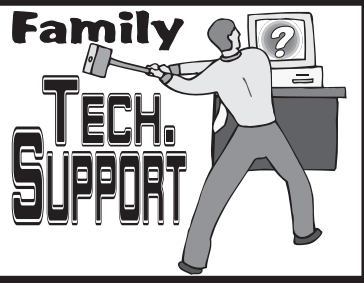
SUPER SUDOKU Instructions: On page 2

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

Roger, who was 19 years old, was buying an expensive bracelet, to surprise his girlfriend on Valentine's Day, at a very smart jeweller's shop in Johnson City, TN. The jeweller inquired, 'Would you like your girlfriend's name engraved on it?' Roger thought for a moment, grinned, then answered, 'No, instead engrave "To my one and only love".'

The jeweller smiled and said, 'Yes, sir; how very romantic of you.'

Roger retorted with a glint in his eye, 'Not exactly romantic, but very practical. This way, if we break up, I can use it again.'



How To Search The Internet More Successfully

By: Chris Joker

When you type a search word or term into a search engine

(Google, Yahoo, etc.) search field and click "search" the search engine does not really search the web what it searches is a database of websites it has previously added to the database. Once it finds a match the link will take you to the actual page. The search engine's database is generated in a number of ways, some use human interaction but most mainly rely on computer robot programs called spiders. These spiders "crawl" the web, searching for pages to include in the database so that when you enter a search term the engine will be able to find the page.

Google is currently the most used search engine. It has one of the largest databases of Web pages, including many other types of web documents (blog posts, wiki pages, group discussion threads and document formats (such as PDFs, Word, PowerPoint or Excel documents). Google alone is not always sufficient to find exactly what you search. Not everything on the Web is fully searchable in Google. Overlap studies show that more than 80% of the pages in a major search engine's database exist only in that database. For this reason, getting a "second opinion" can be worth your time. Searching with more than one search engine will increase your chances of finding the best results. Another option is to use a metasearch engine. A metasearch engine is a search tool that sends user requests to several other search engines and/or databases and aggregates the results into a single list or displays them according to their source. Metasearch engines enable users to enter search criteria once and access several search engines simultaneously.

To increase your chances of finding exactly what

you want you need to start by asking the right question or searching with the right word or phrase. This way you are less likely to end up overwhelmed with too many search results, underwhelmed with too few, or simply unable to locate the material that you need. Before doing a search, you should define your topic as completely and succinctly as possible. Write down exactly what information you're looking for, why you're looking for it, and what you're not looking for. This will help you to discover the best keywords for your search.

Most users submit 1.5 keywords per search, which is not enough for an effective query - the recommended maximum is 6 to 8 carefully chosen words, preferably nouns and objects. (Search engines consider articles and pronouns clutter.) Avoid verbs, and use modifiers only when they help to define your object more precisely - as in "chocolate candy" rather than just "candy."

Your most powerful keyword combination is the phrase. Phrases are combinations of two or more words that must be found in the documents you're searching for in the EXACT order shown. To search a phrase combination enter the words within quotation marks such as "chocolate candy".

Some searches provide specific options for phrases, while others don't allow them at all; but most will allow you to enter a phrase in quotation marks. Check the "Help" files of the search engine you're using to be sure what it accepts.

Another way to increase the efficiency of your search is to use "Boolean" searching. Boolean searching is a powerful technique that can narrow your search to a reasonable number of results, and increase the chance of those results being useful. Boolean searches are simple to learn and tremendously effective. The three most commonly used Boolean commands (or "operators") are AND (sometimes +), OR and AND NOT (sometimes -).

AND means "I want only documents that contain both/all words." For instance, the search "Tennessee" AND "Big Orange" AND "Football" AND "Derek Dooley" would return only documents that contained all four keywords or phrases. AND is the most frequently used Boolean command.

OR means "I want documents that contain

either word; I don't care which." The query "Tennessee" OR "Big Orange" OR "Football" OR "Derek Dooley" would return all documents that contained even one of these four keywords or phrases. Use to string together

OR synonyms

AND NOT means "I want documents that contain this word, but not if the document also contains another word." The query "Tennessee" AND "Big Orange" AND NOT "Football" would return documents that include Tennessee and Big Orange, but not those that also include Football. Remember that AND NOT only applies to the word or phrase that immediately follows it.

Most search engines support the AND NOT command. It is sometimes called BUT NOT or NOT, and is sometimes indicated by placing a minus sign (-) before the term or phrase to be removed. (Check the search tips of the engine you're using to see which form of AND NOT it accepts). Before you apply AND NOT, see what results you get from a simpler search. AND NOT is a great way to weed out results you don't want.

Quick Tips

- Use nouns as query keywords. Never use articles ("a," "the"), pronouns ("he," "it"), conjunctions ("and," "or") or prepositions ("to," "from") in your queries
- Use 6 to 8 keywords per query
- Where possible, combine keywords into phrases by using quotation marks, as in "digital camera"
- Spell carefully, and consider alternate spellings
- Avoid redundant terms **FPT**

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

Did you hear about the romance in the tropical fish tank? It was a case of guppy love.



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what is
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"It's knowing each team member is focused on Henry's best interests."

Grace and son Henry. Henry is a patient at the St. Jude Tri-Cities Affiliate Clinic, a service of Niswonger Children's Hospital.



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