January 2007 FREE

Family Pastime Magazine

familypastime.com

THE magazine for the WHOLE family

Volume 3 Issue 1

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

Who serves the BEST burger in the Tri-Cities??? We are sure there are many opinions on the subject. Everybody loves a good hamburger. Even vegetarians love a good vege-burger that's why we are going to let you vote. We ask that you only vote once but every member of your family may vote. You do not have to agree. Dad may think Hamburger Bob's has the best burger and little sister Debbie may think the best burger comes from John's Casa De beef. Maybe you don't know yet. Now is your chance to try some places and pick one. If you want to also include how their French Fries rate that would be great. We will take votes until February 25th and then announce the winner in the March issue. The winning burger place will get an official "**Family Pastime Magazine Best burger in the Tri-Cities**" certificate and everyone who enters a vote before the deadline will be registered for a drawing to win dinner for the family (up to 4) at the winning restaurant! You may send in the form on **page 8** or vote online at **www.familypastime.com**. Help us find the **BEST BURGER IN THE TRI-CITIES** and enter to win.!!! **FPT**

Tips to Prevent Winter Snow Sport Injuries

(NewsUSA) - Many people find enjoyment in the winter months participating in such activities as ice skating, skiing and snowboarding.

If you are one of these thrill-seekers, it is important to prepare for physical activities to avoid injury.

"It is just as important to keep fit and healthy during the winter months as it is in the warmer weather. Exercise and the brisk winter air can help everyone stay healthy and alert," said Robert J. Wallace, vice president of sales and marketing at W. F. Young Inc.,

please see "Winter Sports" on page 20

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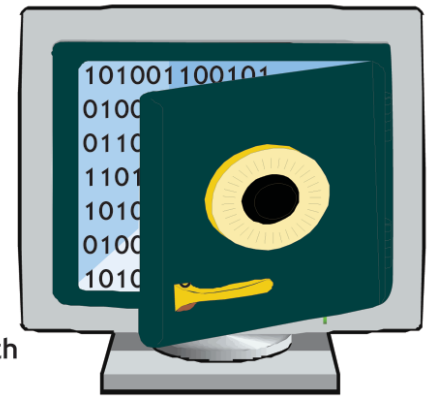

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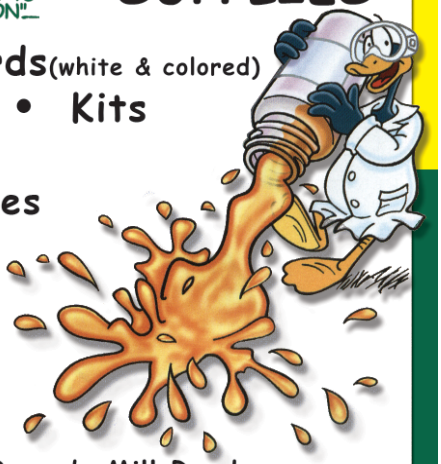

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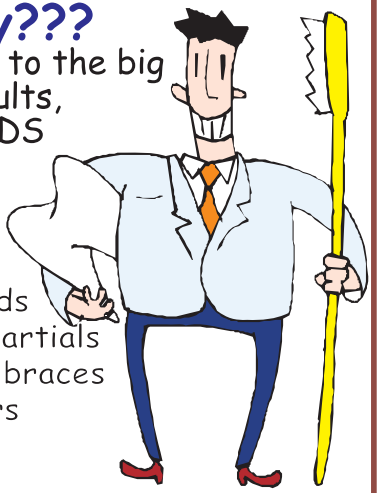

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Family Pastime Magazine
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E-mail: editor@familypastime.com

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
Thank you for your support

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Time for New Year's Financial Resolutions

Once again, it's time to make New Year's resolutions. If you can succeed in your efforts to exercise more, travel, learn a new language or any of the other worthy goals you might have, you can expand your horizons and enjoy a better quality of life. But if you want to make an even bigger impact on your future, you also may want to make — and keep — some financial resolutions.

As with all resolutions, the financial ones are easier to keep if they don't force you to drastically change your lifestyle. So, with that in mind, here are a few attainable financial resolutions to consider for 2007:

- Increase your retirement plan contributions. If your salary goes up this year, increase the percentage of your earnings that you defer into your 401(k) plan [or your 403(b) if you work for a nonprofit agency, or your 457(b) if you work for a state, county, city or other governmental agency]. With tax-deferred growth, pretax contributions and a variety of investment choices, these plans are great retirement savings vehicles. Plus, since the money is taken out before it even reaches your check, you won't really "miss" your increased payments. And in 2007, the contribution limit for these plans has increased to $15,500. (If you're 50 or older, you can contribute an additional $5,000.)

- "Max out" on your IRA. In 2007, you can put up to $4,000 into a traditional or Roth IRA, or $5,000 if you are 50 or older. If you cannot come up with the maximum amount at once, try dividing your IRA contribution into 12 equal monthly payments that are automatically withdrawn from a checking or savings account.

- Build adequate cash reserves. Try to build a sufficient cash cushion — about six to 12 months' worth of living expenses — to handle any unexpected financial needs, such as a major car repair or an expensive new appliance. By building an emergency fund, you won't need to tap into your investments. And by giving your investments the potential to grow as long as possible, you'll accelerate your chances for progress toward your long-term financial goals.

- Review your investment portfolio. It's a good idea to review your investment portfolio at least once a year. Over the course of 12 months, your life can change in many ways; e.g., new spouse, new house, new child, new job, etc. And if your life changes significantly, your investment goals may also change. But even if your circumstances haven't changed much in a year, you should review your holdings to make sure your investment mix reflects your individual risk tolerance, time horizon and long-term objectives. A financial professional can help you review your investments to make sure you are still on track.

- Don't take a "time out" from investing. In every year, you can find any number of events — war, political turmoil, natural disasters, market volatility, etc. — that might motivate you to "take a break" from investing. But the most successful investors stay invested, no matter how gloomy the news may be. So, in 2007, look beyond the headlines. Instead, focus on quality investments and your long-term investment strategies.

If you can achieve these New Year's resolutions, you'll go a long way toward potentially improving your financial situation in 2007 — and beyond. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

SUDOKU REALLY HARD

Instructions on page 21

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

Funny Resolutions

- I will not look at boys - 13 year old girl
- I will not tell the same story at every get together
- I will eat ice-cream at midnight - every midnight of the year, I mean, not just this one - Ice-cream Connoisseur
- I will not let the dog hog the pillow, growl at me from the sofa, and snatch the bun from my plate - this year she's going to learn that I'm the Alpha of the house and only I get to do certain things - Owner of untrained dog
- I need to start worrying a little more.

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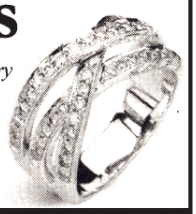


Send a FREE Message

Hard to believe but next month is the month of love. In an effort to help you spread the message of amore' **Family Pastime Magazine** would like to offer you the chance to print a message to loved ones (Husbands, Wives, Children, Grandparents, Friends, Puppies, Gerbils, Llamas, Cats, Houseplants… whatever) for free. You can mail it in the old fashioned way to **Words Of Love, Family Pastime Magazine P.O. Box 3161 Johnson City, TN 37602-3161** OR go online to **Familypastime.com** and fill out the online form right there on the home page. You may submit as many messages as you like but please keep each message to 25 words or less. You may also submit pictures or drawings and if we have room we will include some. Do not send precious one-of-a-kind pictures as we cannot return them. Below are some examples to get you thinking:

Pookie, I am so happy you are my daughter. Happy Valentines Day. I love you, Your Daddy.

Jardin, You will never gnome how much happiness you have given me, Condi.

Choo-Choo, I am so happy I found you. You make me smile, laugh and sometimes question my sanity. I love you, BDCB.

SB, one is for lonely, two is not, be my valentine or I'll buy a dog-named spot. luv, WS

Mr. Whiskers, You are the best cat ever. I love you, Mandy.

Resolutions for a Healthy New Year

You've resolved to live a more healthy lifestyle in 2007. But where do you start? The American Medical Association has some advice on the most important resolutions to make -- and keep -- for a healthy New Year.

"The start of another new year provides us with an opportunity to reflect on the past 12 months and look ahead to changes we can make today to improve our health tomorrow," said AMA President-elect Ron Davis, M.D. "It is important that we develop healthy lifestyles and behaviors that we can carry with us throughout our lives."

The AMA offers these resolutions for 2007:

1. Avoid Smoking -- the leading preventable cause of death -- as well as exposure to secondhand smoke (SHS). Released earlier this year, the U.S. Surgeon General reported that there is no risk-free level of exposure to SHS, and the California Environmental Protection Agency estimates that SHS kills 50,000 Americans each year.

2. Eat Your Fruits and Vegetables: As recommend by the USDA Food Guide Pyramid, eat about two cups of fruit and two to three cups of vegetables daily to reduce your risk of developing heart disease, cancer, stroke and high blood pressure.

3. Cut Back on Salt: Limit your salt intake to one teaspoon per day (if you are 50 years of age or older, cut back to about half a teaspoon per day) to help lower blood pressure and decrease your chances of getting heart disease or having a stroke.

4. Limit Fat in Your Diet: Eat a diet low in fat, saturated fat, and trans fats to reduce cholesterol levels and the risk of developing heart disease.

5. Check Cholesterol: Have your blood cholesterol checked regularly by your doctor and keep your cholesterol level under 200 mg/dl to reduce your risk of developing heart disease.

6. Reduce Amount of Soda You Drink: Per capita soft-drink consumption has increased by almost 500 percent over the past 50 years. Limit your consumption of regular soda pop and other sugar-sweetened drinks to help you avoid weight gain and obesity, and to also decrease tooth decay.

7. Check Blood Pressure: Have your blood pressure checked regularly by your doctor to help reduce your chances of heart attack or stroke. If you have high blood pressure, make sure that you keep your blood pressure under 140/90.

8. Get a Colonoscopy: If you are 50 or older, ask your doctor about getting a colonoscopy to screen for colon cancer to improve your chances of early detection.

9. Get a Mammogram: If you are a woman 40 years or older, get a mammogram every one to two years to help detect breast cancer early and if diagnosed, improve your chances for survival.

10. Protect Your Skin from the Sun: Use sunblock (with an SPF of at least 30) or protective clothing when you're in sunlight for a prolonged period. If you frequently get a suntan or sunburn, have your doctor check your skin regularly to detect early signs of skin cancer.

"These resolutions are just a few of the things you can do to make positive, healthy lifestyle changes. In 2007, continue to look to the AMA for a wide range of health information and continue to turn to your physician for the highest quality of care for you and your family," said Dr. Davis.

For more health advice, visit the American Medical Association at www.ama-assn.org. **FPT**

Courtesy of ARA Content

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.
~Bill Vaughan

Home Cure

Stop Hiccups

SUPPLIES:

- a 1/2 cup of water
- a coffee filter OR paper towel
- (rubber band, optional)

HOW TO:

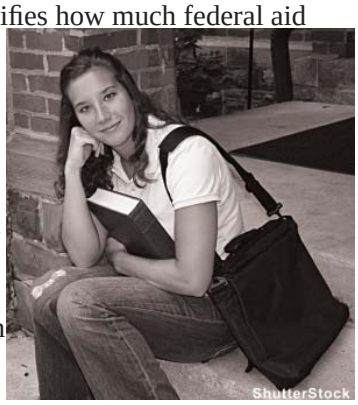
1. Wrap a paper towel or the coffee filter tightly over the top of the cup; consider a rubber band to secure it so a child won't spill all over clothes (although that might be a cure, too...)

2. Ask the hiccup sufferer to sip the water slowly through the filter/paper towel. The towel should begin its mission dry; the time it takes to percolate through is probably part of what makes this work. **FPT**

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

What Students Need to Do to Qualify for Federal Financial Aid

The FAFSA (The Free Application for Federal Student Aid) is one of the most critical financial aid forms a student will have to complete. Much like filling out a bank loan application, the FAFSA qualifies how much federal aid a student is eligible to receive (in the form of grants or loans) based on U.S. Department of Education guidelines -- including information such as your family's assets and previous year's income.



"Although it is easier to file the financial aid application once parents have completed their taxes, the FAFSA can be filed using the best estimate of your prior year's income. Applicants will have the chance to update the information they initially provided at a later date," says Stephanie Behrends, spokesperson for 2nd Story Software, Inc., developers of TaxACT tax preparation software and online services.

Behrends continues, "Certainly, the state in which a student resides, choice of school and academic standing are components which contribute to the total amount of aid a student will receive in the form of scholarships, grants and loans. However, it is crucial for students to understand the chances of receiving federal aid are directly related to filing the FAFSA on time and the financial strength of their family, which is calculated by using the information supplied on the application."

The FAFSA measures your family's expected contribution toward the cost of your education. For that reason, cash assets and having high adjusted gross income (AGI) will greatly diminish the amount of assistance a student can receive. Nevertheless, a bit of planning prior to

Please see "Financial Aid" page 17

SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 1 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle.

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

NG

City
Gray
e Donuts

Parents Are Best Resource For Ensuring Student Success

(NewsUSA) To maximize their child's educational experience, parents should go back to school. But don't dust off the book covers and No. 2 pencils just yet. This experience only requires learning the ABCs of parental involvement - specifically, opening the lines of communication through parent-teacher conferences.

"We know parents are busy, but it is important to carve out time to invest in your child's education and ensure success at school," said National Education Association President Reg Weaver. "To get the most out of parent-teacher conferences, parents need to take an active role in their child's education year-round and come prepared to discuss how their child can reach his full potential."

NEA, representing 3.2 million educators, offers the following tips for getting the most out of parent-teacher conferences:

Get ready

Do your homework prior to parent-teacher conferences. Prepare by writing notes to yourself concerning:

- Any questions about the school's programs or policies.
- Things you can share with the teacher about your child and his life at home.
- Questions about your child's progress.

Ask important questions

Don't be afraid to engage in a frank conversation with your child's teacher. Your goal is to develop an action plan for your child's success at school. Good questions to ask the teacher include the following:

- What are my child's strengths and weaknesses?
- How does my child get along with classmates?
- Is my child working up to his ability? Where could he use improvement?
- What can we do at home to support what you are doing in the classroom?

Initiate the action plan

Start immediately on the action plan you and the teacher put together. Discuss the plan with your child and track his progress.

Stay in touch with your child's teacher throughout the year with regularly scheduled "report card" conferences that can keep the communication lines open.

"Parents are the best resource for a child to make the grade," Weaver said. "When teachers and parents work together, we can help a child have a successful school year." **FPT**

For more information and tips, visit www.nea.org/aew.

Who Makes The Best Hamburger in the Tri-Cities

VOTE AND WIN

Everyone who enters a vote before the February 25th deadline will be registered for a drawing to win dinner for the family (up to 4) at the winning restaurant! (full details on page 1) **(PLEASE PRINT)**

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

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

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

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

Other Information (PLEASE PRINT)

Name: First_____ Last_____ Street _____ City _____ Zip: _____

Phone: ___ ___ ____ E-mail: _____

AGE RANGE: (please check one)

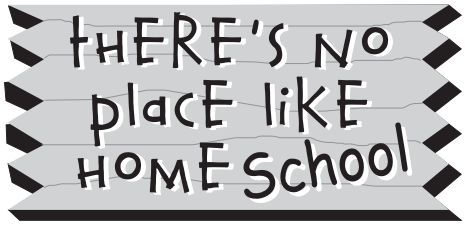
Under 12__ 13-18 ___ 19-25 ___ 26-29 ___ 30-39 ___ 40-49 ___ 50-59 ___ 60 or over ___

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

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

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

ONE ENTRY PER FAMILY MEMBER PLEASE Download more forms or vote online at **www.familypastime.com**
OR mail to: **Family Pastime Magazine** BEST BURGER P.O. Box 3161 Johnson City, TN 37602-3161



Banish the Midwinter Blues Inspire Your Homeschool in 2007

By: Lisa Baughn

January 2007 is here with the joy and excitement of a brand new year, full of possibility, expectation and change. We eagerly make new goals, evaluate the year just ended and attack our new resolutions with vigor. Life seems fresh and new again.

Yet January often makes homeschoolers feel trapped in the middle of the school year, drudging through the mid-year blues while everyone else is starting afresh! Homeschoolers can start anew too. January is a great time to reevaluate, take stock, redefine the course, check progress of goals and set some new ones. January can reinvigorate the whole schedule with a few tweaks than can bring new life into the remainder of the school year. Remember Yeats, Education is not the filling of a bucket; it is the lighting of a fire. So how can we relight the fire?

1. Inspire your children. Did any new possibilities crop up over the Christmas break? Could your children use that new computer to create websites, blogs, podcasts or more. Will that new microscope open up your pond for exploration in new and exciting ways? Can that sewing machine transform your children's room?
2. What have your children excelled at this school year? As they grow and mature, you will begin to notice extraordinary new paths and adventures to take IF you pay attention! I was surprised to see my shy daughter enjoys public speaking. Toastmasters, here we come! Think about your children – you will find an "a-ha moment" where they have blossomed. Self-education is 90% inspiration!
3. Work within strengths. So often, we spend our time working diligently on our children's weakest zones, while letting their strengths atrophy. Choose one strength to focus on for the rest of the school year and watch your child soar!
4. Creative Zone – home educators always have one, but do they use it! Resolve to spend one afternoon a week working on painting, sculpting, that expensive art program. Perfection is unnecessary and squelches fun! We learn by playing.
5. Use what you have! How many of us are sitting on a virtual goldmine of opportunities on our own bookshelves? We have books, programs, art, science, math games and incredible stuff that we can't live without, then we just forget to use or maybe we are in the habit of forcing drudgery "doing school." Stop doing school; start having fun and learning will be a happy byproduct!

Inviting ALL homeschoolers to the 1st Annual Tri-Cities Midwinter Homeschool Convention and Book Sale which will reinvigorate, encourage and inspire you on toward the finish line! Hear inspiring homeschool parents talk on Entrepreneurial Education, Help! My Child Isn't Reading, Learning Issues, Online Safety, Organization, Living History, Educational Philosophies, Homeschooling Teens and more, without traveling out of the Tri-Cities! One day of seminars, encouragement and tables full of living books, games, special needs materials, used curriculum and more will give you the lift you need to press on! Enjoy homemade goodies while you browse the book tables, with good coffee and lots of chocolate! Plan to attend the Tri-Cities Midwinter Homeschool Convention and Book Sale Saturday, January 20th in Gray, TN. More information can be found at www.writeinjoy.org If you would like to teach a class, sell your used curriculum, have a book table or volunteer, please contact Lisa at 423-467-0063. Igniting the home educating fire in the Tri-Cities! FPT

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

Name That Christmas Carol!--ANSWERS from the Dec. Issue

1. Bleached Yule -- White Christmas
2. Castaneous-colored Seed Vesicated in a Conflagration --- Chestnuts Roasting on an Open Fire
3. Singular Yearning for the Twin Anterior Incisors --- All I Want for Christmas is My Two Front Teeth
4. Righteous Darkness --- O Holy Night
5. Arrival Time 2400 hrs – Weather Cloudless --- It Came Upon a Midnight Clear
6. Loyal Followers Advance --- O Come, All Ye Faithful
7. Far Off in a Feeder --- Away in a Manger
8. Array the Corridor --- Deck the Hall
9. Bantam Male Percussionist --- Little Drummer Boy
10. Monarchial Triad --- We Three Kings
11. Nocturnal Noiselessness --- Silent Night
12. Jehovah Deactivate Blithe Chevaliers --- God Rest Ye, Merry Gentlemen
13. Red Man En Route to Borough --- Santa Claus is Coming to Town
14. Frozen Precipitation Commence --- Let it Snow
15. Proceed and Enlighten on the Pinnacle --- Go, Tell It on the Mountain
16. The Quadruped with the Vermillion --- Rudolph, the Red-nosed Reindeer
17. Proboscis
18. Query Regarding Identity of Descendant --- What Child is This?
19. Delight for this Planet --- Joy to the World
20. Give Attention to the Melodious Celestial Beings --- Hark! The Herald Angels Sing
21. The Dozen Festive 24 Hour Intervals --- The Twelve Days of Christmas

Sudoku last month's Really Hard answer

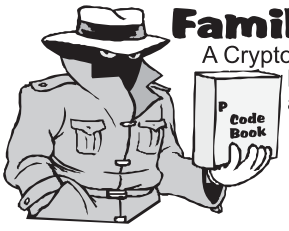
3	1	4	7	2	5	9	8	6
2	6	7	1	8	9	5	4	3
9	8	5	3	4	6	2	1	7
7	3	8	2	5	4	6	9	1
4	2	9	6	1	8	3	7	5
6	5	1	9	7	3	4	2	8
1	9	2	5	3	7	8	6	4
8	7	3	4	6	2	1	5	9
5	4	6	8	9	1	7	3	2

Hard answer from last month

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

Sudoku Easy Answer From last month

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



Family Crypto-Time

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

You've Got 'Doggie-Mail'

(NewsUSA) - If you're hearing dogs talk to you, don't panic. It may only be your e-mail.

Petcentric.com, a Web site devoted to information and stories about pets, recently introduced a feature called "Doggie-Mail," an interactive service that allows dog lovers to send free e-mail messages in the voice of their very own customized canine.

When visitors log on to the site, they can choose one of three animated dogs to convey their message and then customize the character's wardrobe, props and scene. They can choose to deck out their dog in a cowboy hat and dress shirt, or jazz up the pooch's panache with a feather boa and sunglasses. They can then pick a variety of backdrops for the dog, including a dude ranch or a festive Hawaiian beach.

After choosing a dog and customizing its outfit, users select a prerecorded message for the dog to speak, or type in their own message and choose a voice to accompany it. Petcentric.com also offers a toll-free number where users can record a message in their own voice. Once the e-mail has been customized, they can send the talking dog and its message to as many friends as they like.

Visitors to the site can also watch clips of actor and author John O'Hurley reading excerpts from his new book "It's Okay to Miss the Bed on the First Jump: And Other Life Lessons I Learned from Dogs." "Dogs bring out a host of emotions in us," said O'Hurley, "not the least of which is humor."

For more information or to start using Doggie-Mail, visit www.petcentric.com. The site also contains a gallery of pet photos submitted by subscribers, feature articles, product and book reviews and other pet-related content. **FPT**

Keeping Your Pets Warm in the Winter

By: Spencer Bailey Age 13

Keeping your pets warm when it snows in the winter is very important. Wither you have dogs or cats you must keep them warm when it gets cold at night. If your pets have their houses outside then here are a few tips to make sure your pet stays warm.

1. Make sure their house is waterproof and that there are not any open holes in their house.
2. Make sure your pet's house has a door that you can close to protect them from the cold wind.
3. Put a very small heating lamp inside their houses to keep them warm when they sleep at night.
4. Make sure they have plenty of thick blankets inside their houses even if they have a bed.
5. Make sure to dry off your pet after it gets wet from snow or rain.
6. Clean off your pet before they go to bed even if they don't seem wet. They might have salt on them that you will need to wipe off.
7. Feed your pet a little more than usual. It will keep their stomach full and they will stay warm.
8. Make sure your pet has plenty of water. Don't give them cold water or very hot water, make their water just warm.
9. Do not brush your pet during the winter. It will make them lose more hair and their hair keeps them warm.
10. Play with your pet often during the day and it will warm them up.

Tips from a Pet: My dog Ali

1. Jump on the door or look through a window and shiver as much as possible. It will make your masters feel bad and they'll let you in.
2. Scratch at the door all day until you get to go inside. Try to avoid getting in trouble.
3. If you are let inside try to hold all the hair on your body.
4. Act petrified of every noise. You'll have a good excuse to come inside the house.
5. Eat your food fast and your masters will probably give you some more.
6. Drink all your water before it freezes
7. Try not to scratch a lot. It'll make you lose more hair. **FPT**

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Father Knows Jest

By Chris Joker

New Years Resolution. Many people think a new years resolution is when you decide to do something new or different in the New Year and then actually do it. Not true. Let's break down the definition: Resolution: To make a firm decision. New: Not of long duration. Year: A period of time containing 365 (or 366 in a leap year) days. So I figure a new years resolution is to make a firm decision that will not last a long duration during a 365-day period. Applying that definition (which is so obviously the official definition of a new years resolution) I always make a firm decision that does not last long into the year. So far I have kept all of my new years resolutions. Thinking back I have no idea what I resolved to do in 2006 but I am sure that for a short period of time I made a firm decision to do it.

Wikipedia defines A New Year's resolution as "a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until the set goal has been achieved, although many resolutions go unachieved and are often broken fairly shortly after they are set".

One of the major problems with new years resolutions is we make them too hard for instance: I have a friend (not me, a friend) who two years ago resolved to make his first million dollars in the New Year. He didn't do it so the next year he resolved to make his second million dollars because he heard the second million was so much easier than the first (no word yet on if year three will bring the even easier 3rd million dollars). A couple of years ago another friend (friend) was going to resolve not to procrastinate in the New Year. He hasn't actually made this resolution yet but one of these years I'm sure he will.

I say make your resolutions easier to achieve. For instance Instead of resolving to lose weight, resolve to gain weight. That's easy. You can easily carry a

Please see "FKJ" on page 22

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Save Money This Winter by Sealing Windows, Doors

(NewsUSA) - If you want to save money in the winter months, checking the condition of your home's windows and doors should be high on your to-do list.

With the average household spending half of its energy dollars on heating and cooling, it pays to plug all the air leaks you find.

Officials with World Energy Solutions (stock symbol: WEGY), an energy services company based in St. Petersburg, Fla., note that homeowners who take such measures also ultimately help reduce air pollution by lessening the demand placed on power companies.

"Homeowners who save an average of $25 on their monthly electric bill will reduce greenhouse gas emissions from their power company by roughly 6,000 pounds per year," said Jeff Stokes, World Energy Solutions vice president.

The first thing to do is to check windows to ensure they are well-sealed, and caulk any small openings along the frames and sills, both inside and out. Also, consider installing door sweeps to block outside air.

Larger openings, such as exterior holes for plumbing and electrical wires, should be sealed with spray foam. Attic doors and hatches are a major source of unwanted cold air, so be sure to carefully apply weather-stripping in those areas.

Another problem area is the seam where basement walls meet the home's foundation. Any gaps should be caulked to keep unwanted air from entering.

And when it comes time to replace windows and doors, climate is an important consideration.

Energy-efficient windows and doors employ special glazing between the layers of panes to handle the job.

Consumers should consider a window's U-value, a measure of its insulating ability. It is also important to find out how much daylight and heat the window lets in.

Glazing can be chosen to allow high, moderate or low heat gain. Framing materials have improved, too, offering better insulation than in the past.

The type of window you buy also makes a difference. Casement windows typically provide a tighter seal than double-hung windows. **FPT**

For information on energy-saving approaches from World Energy Solutions and how the company is helping businesses use energy wisely, visit www.wesinc.net.

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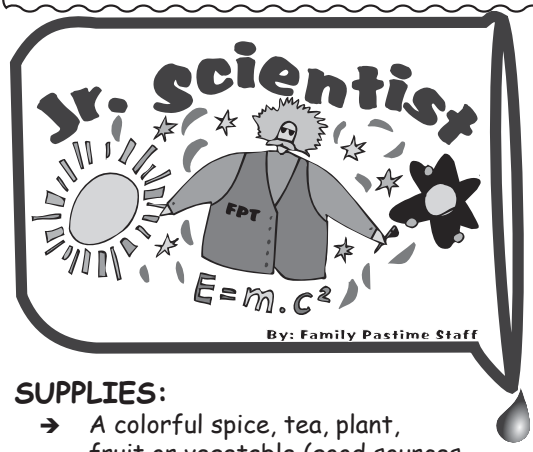
ALWAYS WEAR SAFETY GOGGLES *(For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link)*. **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**



Make Your Own Markers

ABOUT PIGMENTS:

Many of today's goods are made with bright colors. These bright colors come from colored molecules that are mixed into the materials used to make the goods. Examples would include food, plastics, art supplies, fabric, and more. Some colored molecules are synthetic, like Yellow dye #5, found in many candies and food products. Others are made from natural pigments found in plants.

A pigment is any coloring agent, made from natural or synthetic substances. Ours is a natural pigment or protein molecule from a plant. The molecule reflects colored light from the sun. In our experiment we will be using natural pigments to make markers.

SUPPLIES:

- A colorful spice, tea, plant, fruit or vegetable (good sources are: blueberries, cranberries, beets, yellow onion, red onion, tumeric, black tea, coffee, can you think of others?)
- Saucepan
- Stove
- Water
- Cup
- Drinking straws
- Cotton cording 1/2 inch diameter (found at fabric or hobby store)
- Small piece of clay

HOW TO:

1. Select the plant source from which to extract your dye.
2. If your plant source is large, you will need to chop it into little pieces. If the color is concentrated in the skin (like apples), you may want to peel the skin off and use only the skin.
3. Add the plant material to saucepan and just enough water to cover.
4. Bring to a boil and simmer covered for approximately 10–15 minutes. The pigment from the plant material will slowly begin to color the water in the saucepan.
5. If the color of your water is too light, you may want to concentrate the color by removing the lid and boiling until enough liquid has evaporated, leaving behind a darker liquid.
6. When the water is rich in color, remove the saucepan from the heat and allow the dye to cool.
7. Now you are ready to make your dye into a marker. Get the 1/2 inch diameter cotton cording and a drinking straw.
8. Cut a piece of cording that is 1/2 inch longer than your straw.
9. Place the piece of cording in a cup and add your dye, soak the cord in the dye.
10. Now thread the wet piece of cording through your drinking straw. WARNING: this will be messy!
11. Take one end of the straw and plug with a small piece of clay.
12. Let the cotton cording hang out of the other end of the straw, this will be the end you will use to write with.
13. Now you are ready to write a message or draw a picture with your new homemade marker! **FPT**

Funny Resolutions

- I will rename my dog something really strange and long
- I will never squat again with my spurs on - Cowboy

Thank You

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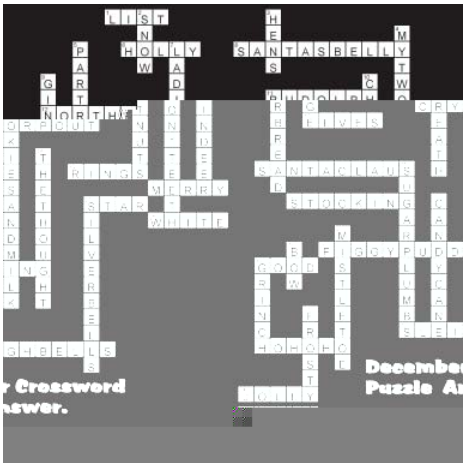

SUDOKU Medium

Instructions on page 21

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Kid Friendly Recipes

Spaghetti Pie

SUPPLIES:

- 1/2 lb. spaghetti (1/2 box)
- 2 TBS. butter or margerine
- 1/3 C. Parmesan cheese (grated)
- 2 eggs (beaten)
- 1 C. cottage cheese
- 1 lb. hamburger
- 1/2 C. onion (chopped)
- 1/4 C. green bell pepper (chopped)
- 1 (8 oz.) can tomatoes
- 1 (6 oz.) can tomato paste
- 1 tsp. sugar
- 1 tsp. dried oregano
- 1/2 tsp. garlic salt
- 1/2 C. mozzarella cheese (shredded)

HOW TO:

1. Cook spaghetti according to package directions; drain.
2. Stir butter into cooked spaghetti to melt.
3. Stir in Parmesan cheese and eggs.
4. Form mixture into a "crust" in a 10" pie plate.
5. Spread cottage cheese over bottom of crust.
6. Cook hamburger, onion and pepper until meat is browned; drain excess fat. Stir in tomatoes (cut up, with liquid), tomato paste, sugar, oregano and garlic salt. Cook over medium heat and stir until blended into a nice meat sauce (it's rather thick).
7. Turn mixture into crust.
8. Bake at 350 degrees for 20 minutes.
9. Sprinkle mozzarella cheese on top of pie and bake for an additional 10 minutes.
10. Let pie sit for a few minutes before cutting into slices to serve. Enjoy!

Tater Tot Casserole

SUPPLIES:

- 1 (32 oz.)bag tater tots
- 1/2 C. Sour cream
- 1/2 C. Butter
- 1 C. Cheddar cheese
- 1 can cream of chicken soup
- 1/2 med. Onion (chopped)
- 1 C. Corn flakes

HOW TO:

1. Thaw tater tots and break up.
2. Add ingredients one by one, mixing after each.
3. Spread in buttered pan, best if let set overnight.
4. Top with corn flakes that have been mixed with 1/2 cup melted butter.
5. Cook at 350 for 50 mins.

America-style Chicken Enchiladas

SUPPLIES:

- 1 pound chicken breast, boneless, boiled and shredded
- 1 pkg. Cream Cheese
- 1 small can chopped green chilies
- 2 cups cheese
- 2 TBS sour cream
- 1 can enchilada sauce-mild or medium
- 10 flour tortillas
- Shredded lettuce, diced tomatoes, sour cream, picante' sauce and chopped jalapenos for garnishment

HOW TO:

1. Boil chicken (with salt and pepper), remove chicken from broth and shred by pulling chicken apart into small pieces.
2. Drain broth but leave 2TBS broth on low heat.
3. Add cream cheese to broth and allow to simmer while melting, stir and remove from heat.
4. Add can of green chilies, stir.
5. Add shredded chicken and 2 TBS sour cream, stir.
6. Fill tortilla with chicken mixture, plus a sprinkle of cheese. Roll tortilla and place each enchilada face down in a rectangle pan lined with 1/4 can of enchilada sauce.
7. Cover enchiladas with remaining sauce.
8. Cover in remaining cheese.
9. Bake in oven at 350 for 25-35 minutes or until cheese is melted but not bubbling. Garnish and enjoy!

Quick and Easy Broccoli and Cheese Soup

SUPPLIES:

- 2 cans broccoli and potato cheese soup
- 1 box Velveeta cheese
- 1 cup milk
- 2 packages of frozen or fresh broccoli
- 1 can corn

HOW TO:

1. Place soup in pan.
2. Add as much Velveeta as you would like (Half a box will feed 5-6 people)
3. Stir as it melts and add milk to desired consistency.
4. Add broccoli and corn.
5. Heat and eat.

Ham & Cheese Loaf

SUPPLIES:

- 1 lb. frozen bread or pizza dough, thawed
- 1 pkg. (9 oz) Shaved Smoked Ham
- 1 cup Shredded Cheddar Cheese
- 1/4 cup Mayo or Salad Dressing
- 1 egg, beaten
- 1 TBS. Grated Parmesan Cheese

HOW TO:

1. 1. PREHEAT oven to 350.
2. Place dough on lightly floured surface
3. flatten slightly with hands, then roll into 12 x 8-in. rectangle with rolling pin. (If dough is difficult to roll, cover with plastic wrap and let stand at room temperature for 30 min. before rolling out.)
4. TOP dough evenly with ham, overlapping slices slightly and leaving a 1/2-in. border around all sides.
5. Mix cheddar cheese and dressing
6. Spread evenly over ham.
7. Moisten edges of dough with water. Starting at one of the long sides of dough, fold 1/3 of the dough over the filling, then repeat with other long side of dough. Firmly pinch ends of dough together to seal. Place, seam side down, on lightly greased baking sheet.
8. Cut 3 diagonal slits in top of dough
9. Brush evenly with egg
10. Sprinkle with Parmesan cheese.
11. Bake 35 to 40 min. or until golden brown.
12. Cool 10 min. before cutting into 6 slices to serve

Chops-on-Top Pork & Stuffing Supper

SUPPLIES:

- 6 boneless center-cut pork chops, 1/2 inch thick, well trimmed (1-1/2 lb.)
- 2 TBS. Honey Dijon Mustard
- 2 TBS. margarine
- 1-1/2 cups water
- 1/4 cup Light CATALINA Reduced Fat Dressing
- 3 large carrots, thinly sliced (1-1/2 cups)
- 2 large red apples, unpeeled, coarsely chopped (2 cups)
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken

HOW TO:

1. COAT chops with mustard. Melt margarine in large deep nonstick skillet on medium heat. Add chops; cook 6 min. on each side or until browned and juices run clear. Remove from skillet; set aside.
2. ADD water, dressing and carrots to skillet. Cook 6 to 8 min. or until carrots are tender. Stir in apples and stuffing mix.
3. RETURN chops to skillet; cover. Turn off heat. Let stand 5 min.

Family Pastime Kid-toons by kids for kids

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This month's Story and Illustrations by Rhia J. age 11, Johnson City, TN

Financial Aid

continued from page 6

preparing the FAFSA can help you save thousands of dollars toward the cost of a college or technical education.

If you are a student (or the parent of a student) seeking to maximize your chances of receiving federal aid, be vigilant by using the resources available to you, which can help you to strategize and meet deadlines.

Behrends suggests, "Early tax preparation offers FAFSA filers a distinct opportunity to coordinate the lion's share of financial information required by applicants. Tax software, like TaxACT Deluxe which contains a College Student Financial Aid Worksheet, is a valuable resource that can help students and parents of students to take full advantage of various tax credits, deductions and strategies which can reduce income you report to the IRS."

While any decision should be made with your financial advisor or accountant, some worthy strategies FAFSA filers should investigate to reduce cash assets and lower reported income include:

- Prepaying state taxes December 31. Paying a due amount by December 31 will reduce your cash assets and entitle you to an additional deduction on your 2006 tax return.
- Maximizing retirement saving contributions.
- Making charitable donations.
- Contributing to a Health and Dependant Savings Account (flex spending). Flex contributions are deducted from your gross income -- greatly reducing the amount of income you report to the IRS.
- Making purchases before the end of the year. Make a qualified energy efficiency improvement to your primary residence by December 31. You'll reduce the amount of cash you have on hand and, under the Energy Policy Act of 2005, you may get a tidy tax credit worth up to $500.
- Paying off /down loans. Making an extra payment toward the principal amount of your home loan. You'll pay less interest and build a nest egg in the form of home equity.
- Paying off bills. Paying for services upfront reduces cash assets and may entitle you to a discount. For example, many customers receive rebates from their automotive insurance provider by paying for the year in full.
- Sell bad investments by December 31. You can deduct up to a $3,000 capital loss ($1,500 if you are married and file a separate return) to offset capital gains.

Funding is on a first come, first served basis. File your FAFSA the second you are eligible -- the first minute of New Year's Day -- January 1. Not only will you increase your odds of getting federal aid, you may actually receive more financial assistance because the money pool has not been diminished. However, be forewarned, if you attempt to submit before January 1, the application will not be processed. **FPT**

Courtesy of ARA Content for more information go to www.fafsa.ed.gov

Put Magnet here

Fun Family Events

JANUARY

Put Magnet here

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. New Years Day
2. Happy Mew Year for Cats Day
JCPL Two's Time(Age 2)10AM *by Registration only
Preschool Pals(Age 3-5)11:00 AM Registration only
JCPL K-1 Story Stretchers (K-1st) Registration only
3. National Chocolate Covered Cherry Day
JCPL Two's Company (Age 2) 10:00 AM
Preschool Storytimes (Age 3-5) 11:00 AM
4. Dimpled Chad Day, Trivia Day
JCPL K-1 Story Stretchers(K-1st) Registration only
5. National Second Hand Wardrobe Day
6. Fruitcake Toss Day
Johnson City, CHIPPING OF THE GREEN 9am to 12pm Freedom Hall Parking Lot J. Bring your Christmas tree to have it mulched. each car will receive 2 bags of mulch.
Elizabethton: CHIPPING OF THE GREEN, Sycamore Shoals upper parking lot 10am-2pm take home a garbage bag of mulch.
Sycamore Shoals Weaving Towels on a 4 harness Loom 10 am – 2 pm Cost: $25 call 423-543-5808 to register in advance
HANDS ON Art Studio Design an underground home for a family of miniature people.
Bays Mountain 10 am Wolf Howling
JCPL Family Storytimes 2:00 PM
7. I'm Not Going To Take It Anymore Day
HANDS ON Art Studio Design an underground home for a family of miniature people.
8. Midwife Day, Clean Off Your Desk Day
JCPL Family Storytimes 6:30 PM
9. JCPL Two's Time(Age 2)10AM Registration only
Preschool Pals (Age 3-5) 11AM Registration only
JCPL B & C's(Grade 2-5) 4PM Registration only
JCPL TEEN Game Nigh 6:30 PM Registration only
10. National Cut Your Energy Costs Day
JCPL Two's Company (Age 2) 10:00 AM
Preschool Storytimes (Age 3-5) 11:00 AM
11. JCPL B & C's(Grade 2-5)4PM Registration only
12. Floyd's Birthday
13. Eagle Days: 13-14, Penguin Awareness
Kingsport: CHIPPING OF THE GREEN Warriors Path State Park 10am-2pm bring a bag to fill with free mulch
Sycamore Shoals Weaving Towels on a 4 harness Loom 10 am – 2 pm Cost: $25 call 423-543-5808 to register in advance
Sycamore Shoals Cold Process Soap & Colonial Tea 10 am – 3 pm $30 423-543-5808
HANDS ON Use water-soluble graphite pencils to show what it would be like if everything in the museum came to life.
JCPL Bilingual (Spanish/English) Storytime with Señor Fernando De Sousa 2:00 PM
14. Ratification Day
HANDS ON Show what it would be like if everything in the museum came to life.
15. Martin Luther King Day
16. Appreciate A Dragon Day,
JCPL Two's Time(Age 2)10AM Registration only
Preschool Pals(Age 3-5)11AM Registration only
JCPL K-1 Story Stretchers(K-1st)4p Please register
17. Customer Service Day
JCPL Two's Company (Age 2) 10:00 AM
Preschool Storytimes (Age 3-5) 11:00 AM
18. Pooh (Winnie The) Day
JCPL K-1 Story Stretchers (K-1st) Registration only
19. Sycamore Shoals Oil Painting - Step by Step 9 am – 4 pm Cost: $50.00 includes supplies423-543-5808 to register in advance
20. Fancy Rat and Mouse Day
Sycamore Shoals 423-543-5808 to register in advance for the following:**Weaving** Towels on a 4 harness Loom 10 am – 2 pm Cost: $25
Watercolor Painting – Landscapes – All Levels 10a–1p $20 w/materials/$12 bring your own
Stamping Celebration – An Introduction 9 am – 12 pm Cost:$15.00 includes supplies
Knitting for Beginners 11 am – 3 pm Cost:$25.00 plus supplies call 423-543-5808
HANDS ON make art about your eco-connections in the manner of Lynne Hull.
Bays Mountain 10 am Wolf Howling
JCPL Family Storytimes 2:00 PM
Gray Tri-Cities Midwinter Homeschool Convention & Book Sale 423-467-0063
21. National DJ, National Hugging, Squirrel Appreciation, World Religion Day
Sycamore Shoals 423-543-5808 to register for Knit Socks 1 – 4 pm Cost: $25 plus supplies
HANDS ON make art about your eco-connections in the manner of Lynne Hull.
22. Answer Your Cats Questions, Day
JCPL Family Storytimes 6:30 PM
23. National Handwriting Day
JCPL Two's Time (Age 2)10AM Registration only
Preschool Pals (Age 3-5)11AM Registration only
JCPL TEENS - Yoga & Dance 6:30 PM Please Register
24. Belly Laugh Day, National Compliment Day
JCPL Two's Company (Age 2) 10:00 AM
Preschool Storytimes (Age 3-5) 11:00 AM
25. A Room of One's Own Day
JCPL Explorers (K- 5) - 4:00 PM Bays Mountain Naturalist -Please Register
26. Fun at Work Day, National Peanut Brittle
27. Holocaust Memorial Day,
Sycamore Shoals Weaving Towels on a 4 harness Loom10 am–2 pm $25 423-543-5808 to register
A Napkin Basket Beginners 9 am–4pm $20.00
HANDS ON create a cave wall drawing
HANDS ON Black History Month Celebration
28. Sycamore Shoals 423-543-5808 to register for **Sweater Knitting** 2nd Mondays- May 9am–1pm Cost: $25/class or $75 all four (plus supplies)
HANDS ON create a cave wall drawing
JCPL Movie **Dark Crystal** 2:00 PM
29. Bubble Wrap Appreciation Day
HANDS ON Learn about paleontology, see a skeleton of a saber-toothed tiger and a life-size Mammoth! Dig for fossils in the dig box and watch flesh-eating beetles in action. This brand new exhibit has been developed with the help of the ETSU Gray Fossil Site.
JCPL Family Storytimes 6:30 PM
30. Inane Answering Message Day
JCPL Two's Time (Age 2) 10:00 AM - *by Registration only
Preschool Pals (Age 3-5) 11:00 AM - *by Registration only
31. Inspire Your Heart with Art Day
JCPL Two's Company (Age 2) 10:00 AM
Preschool Storytimes (Age 3-5) 11:00 AM

February
1. Bubble Gum, Hula in The Coola, Robinson Crusoe, Women's Heart Health Day
2. Groundhog Day, Groundhog Job Shadow Day, Hedgehog Day,Candelmas, Self Renewal Day, Wear Red Day **FPT**

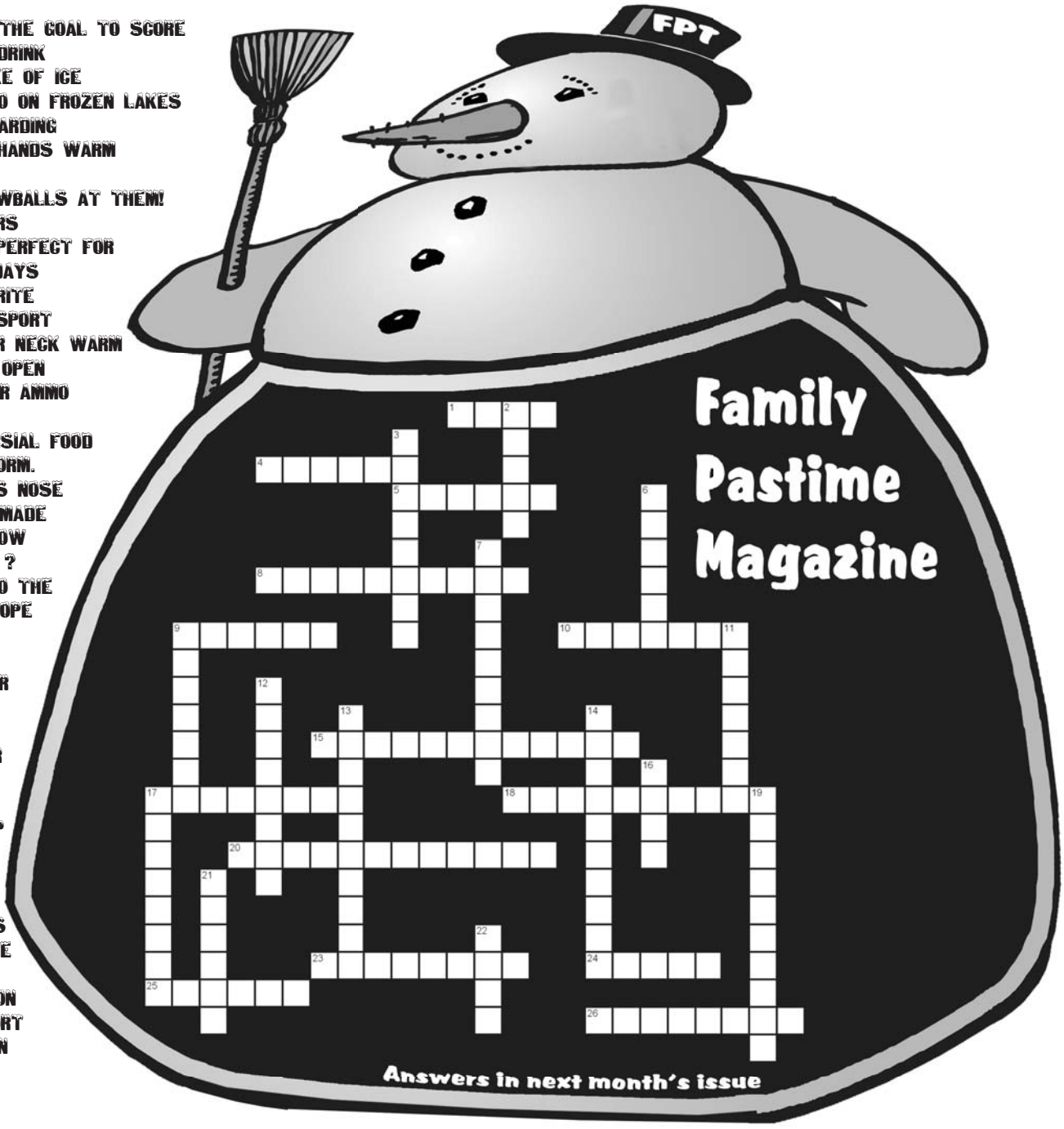
Crypto clue: a=e

ACROSS

1. GET THIS IN THE GOAL TO SCORE
4. HOT FRUITY DRINK
5. HANGING SPIKE OF ICE
8. WHAT YOU DO ON FROZEN LAKES
9. NOT SNOWBOARDING
10. KEEP YOUR HANDS WARM
15. NOT SKIING
17. THROW SNOWBALLS AT THEM!
18. WINTER WARS
20. HOT DRINK PERFECT FOR SNOWY DAYS
23. BOB'S FAVORITE WINTER SPORT
24. KEEPS YOUR NECK WARM
25. ONE HORSE OPEN
26. WINTER WAR AMMO

DOWN

2. A CONTROVERSIAL FOOD
3. BIG SNOWSTORM.
6. A SNOWMAN'S NOSE
7. "ICE CREAM" MADE WITH SNOW
9. FROSTY THE ?
11. GETS YOU TO THE TOP OF THE SLOPE
12. CLEARS THE STREET
13. CLEARS YOUR WALK
14. SNOWMEN EAT THESE FOR BREAKFAST
16. WEAR THESE TO KEEP YOU WARM AND DRY WHEN YOU SKI.
17. SCHOOL KIDS PRAY FOR THESE
19. HERALD'S WINTER CREATION
21. WINTER SPORT
22. WINTER RAIN



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

Funny Resolutions

- I'm going to learn cusswords in different languages
- If I see a UFO I won't tell anybody about it

Winter Sports

continued from page 1

the company that makes Absorbine Jr. topical pain relief products.

He offers the following tips to maximize the fun and minimize the pain of winter sports:

- Keep an eye on the weather forecast. Be aware of weather changes and wind chill factors when planning to spend time outdoors.
- Warm up to the activity. If it has been a while since you've been out on the slopes or skating rink, start out slow and make sure your body is ready for the rigors of the activity. If you are new to the sport, take a lesson from a professional instructor. Just like anything, you'll improve the most when you receive expert guidance.
- Check your equipment and have worn items fixed or replaced. Have your ski or snowboard bindings adjusted correctly at a local ski shop.
- Stay warm and dry with the proper clothing. Dress in layers to accommodate your body's changing temperature Also, bring a headband or hat with you, and wear gloves or mittens to avoid frostbite.
- Guard your skin from the sun and wind by using a sunscreen or sunblock. Sun protection is always important, even in the winter.
- Always use appropriate eye protection. Sunglasses or goggles will help protect your vision from glare, help you to see the terrain better, and help shield your eyes from flying debris.
- Drink plenty of fluids to avoid dehydration.
- Be prepared for the inevitable aches. Despite making the best efforts to avoid injury, muscle pain will occur. Apply a topical pain reliever such as Absorbine Jr., and allow the liquid to penetrate your muscles to help soothe the pain. For information on Absorbine Jr. and where to find it, visit www.absorbine.com. **FPT**

Funny Resolutions

- I will remember that Muffin Day is on the 29th of every month - Muffin Lover

Stressed, Tired Teens Susceptible to Cold Sores

(NewsUSA) - Everyone experiences stress at some point in life, and teenagers are certainly no exception. Between school, homework, dating and extracurricular activities such as sports and clubs, stress can be everywhere for the average teen, and that means fatigue is not far behind.

According to recent statistics from the National Sleep Foundation, six in 10 American high school students average less than eight hours of sleep per day, a fact that's likely related to the multitude of daily activities that many teens undertake.

Unfortunately, states of stress and the fatigue that follows can trigger more than dozing in class or sweaty palms at the homecoming dance. Stress and fatigue can also aggravate certain types of viruses, including the one that causes cold sores.

Andrew Weiss, chief executive officer of Aeura Inc., knows all too well the impact that these painful blisters can have on a teen's life. His company made the first sublingual over-the-counter treatment for cold sores.

"As if acne isn't bad enough, now a higher percentage of teens find themselves living with the pain and shame of cold sores," Weiss said. "The [Aeura] Cold Sore Formula gives teens the ability to take control of their outbreaks, and a reason to put a smile back on their face."

Eight out of 10 Americans have the virus that causes cold sores, according to the Centers for Disease Control and Prevention. While there is no cure for the virus, there are certain ways to lessen the severity of an outbreak and possibly expedite recovery.

But with their days consumed by school and extracurricular activities, many teenagers affected by the virus will inevitably neglect to treat it properly. That's why some parents take the initiative to help their teenagers recover if outbreaks occur.

When treating cold sores, natural, homeopathic products such as Aeura's sublingual treatment are among the most effective solutions. Because Aeura's formula is an over-the-counter medicine, it's often a popular choice among parents looking to help their busy teenagers at a moment's notice. The medication treats the cause of cold sores by boosting and strengthening the body's immune system.

Available at CVS, Meijer, Brooks/Eckerd, Pharmaca and other pharmacies nationwide, Aeura can be taken daily, at the first signs of an outbreak or anytime throughout. **FPT**

For more information on cold sores, log on to www.aeura.com.

R F E Q T N H W G U T N E M I R R E M J H G S Y X A X N D L C M U K Z H T
U I R E P K M P D F I R E W O R K S J A N U A R Y F I R S T Y Z L D M L H
P R T X Y C Q Y D B S V S B X K K J J V C U E A W Z F J B Q L O H L B K Z
U S P G N O Y C S A T U G H G E J G B E Y B N Z D K A X F T U J M O O E P
E T J P A L I F R T R W Z B X T M Z J E Z Q R J T T T M H Y Q O L E Y F T
R D E K Y C E H A N E W H D A P R M L A Z V E L U F I F V X A T L H B O K
J A T O K G E I K B A M E N Y S G N A L D L U A O V H P A R T Y V T O D K
P Y A R L N S B E F M U Q W U I G N Z M N G V V P V V J Z Q N O M T T X X
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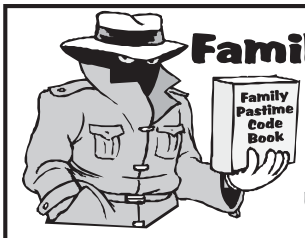
Q H L N D L W Q R X J Z M L U R D C K P F J Q D L X E R M V Q N K N Z I F
F S E W Z V O D H E A B C C Q D H D P P Y M V E G I Q Y I B G Y A I N G W
Q B C O S G L X T S Z P J H R S X D X G F E Z R B D R W H H D Z M R O P W
L R C D Q U B D P N N Q I J F R S C E L E B R A T I O N O X M V E D I A E
Y S M T A Q R O N J E B G S Y M U V S Q E Q Z X F C I J S V C D S X T R A
A V D N B K W I K R V N M Z H R C K E R D I I T P I K A E U K J I G U T B
P I U U W R Z G P U Q D J Y W I V E N P I W O D L Z S N I R F W O X L Y S
W E B O H T I M E S S Q U A R E R U F L W T T R P F C T N S J O N Q O F V
Q J X C C G Z B H Y N S H D B O X M W V E O F A Z F T Y R A U N A J S A N
C B H I X B A L L O O N S G N C I D P B Z A I E P R W T R M I A F J E V L
B R U S D T K P Y S J E F V G C T X G M M S R Y W Y V I V E S D P X R O V
Z F K M T W S X O H Y P W F N V J T I J Y T S W T H G I N D I M Z F H R I
P N Z J P U E H Q Y X B T U S N T L Z V C W T E M B L M D K A Y V L S S F
J B X X Y P M C L W R L P A U D Z Q D Y L N N N P W O K M G U U J F W U T
E W Z T D A X Y R U K L K G H I C F G B Q B I C M F C N S H S O L Q T C N
T R L V X K D R X G A G E O D Y X Z W B D E G C E L L L K M X Q I Z J K V
J J A F E I N S Q U V N R V V S T G J X R G H X D X B I T T E F N O C T N
J D D D M S W A R I X W A L E I W R F E X Z T K Y Y H G A C U S N F G T N
C M U U N S X I O A V S G U Z R P C A V E O L Z U X M K S T W N X R Z I B
S K L X C E L D B L E M X Q Y S U N N P A B U L T D Q B F O O T B A L L D
K R P W G R L E Y E J Y X I X E I F O Q C S L C F D I S O Z C I T X E I E
J C Q U W Q J A Z G Y Y W Q H E N B Z X G U V J R I N G I N T H E N E W M
D R V H P Q K C C R H C D E U W B Z T K I A C G M C V W Q G Q O V N P D H
I A O V F X Y C X M R Q W B N O B J A M H M Z Q Y R O S M L D J C H G S Y
N M T O P B V X Z B T M N Z B S D N E I R F C S J B U A P Z A J Z P J M F
X Y K V U D A S Z N F L C B I Z O L E T W Q V H X X O O K U U E X K Y Q G

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

Balloons
Blowouts
Calendar
Celebration
Clock
Confetti
Countdown
Fireworks
First day
First night
Friends
January
January first
Kiss
merriment
midnight
New year
New years day
Noisemaker
Party
Party favors
Party hat
Resolution
Revelry
Ring in the new
Ring out the old
Streamers
Times square
Toast
Traditions
Twelve
Football
Celebrate
Friends
Auld lang syne



Family Crypto-Time
Last month's answer

"He who has not Christmas in his
UF KUQ UCD HQS YUJNDSZCD NH UND
heart will never find it under a tree."
UFCJS KNII HFXFJ ONHW NS AHWFJ C SJFF.

Roy L. Smith

SUDOKU EASY

Instructions on page 21

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

Sudoku Medium answer from last month

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

SUDOKU HARD

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

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

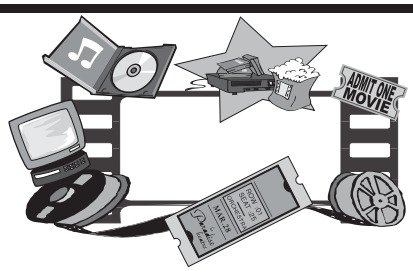
FKJ

continued from page 12

package of M&Ms in your pocket in case you feel like you are slipping and if you don't achieve your resolution, so what. Maybe you resolved to get into shape in the New Year this one can be made easier if you aren't particular about the shape… pear is a shape, round is a shape.

While researching this column (some people call it "surfing the web") I came across a way to help you keep your resolutions www.newyearsresolution2007.com. I am NOT making this up There is actually a website called newyearsresolution2007.com. As best as I can tell this site is set up to nag you into keeping your resolution. You can set it up to send you emails or text messages "encouraging" you not to eat that ice cream cone, or to use the steps instead of the elevator. What I found extremely interesting is you can register for a year for $49.99 or (and this is the interesting part) three months for $19.99. Three months! I guess after three months you figure you aren't going to continue with your resolution anyway so why pay for a longer registration. I think they should offer registration by the hour so then like 2 hours into January 1st your done.

Being the entrepreneur that I am, I checked on www.newyearsresolution2008.com and guess what, it was available. That really does not speak well to the owners of the 2007.com website's optimism for its success. Anyway, I bought www.newyearsresolution2008.com. I invite you to go check it out and see what my resolution is for 2007. Actually I have made two resolutions. The first one is explained on www.newyearsresolution2008.com and the second one is to finish my January Father Knows Jest column. Boom I'm done now I can get on with the year. I never resolved it would be good. I just resolved to finish it. Happy New Year to you and yours. **FPT**



HEALTH MATTERS

By: Patsy Meridith

If you're looking for a truly natural sweetener that can help you to lose weight,
lower your triglycerides and can safely be used if you're diabetic - Stevia is the sweetener for you. It has zero calories and a zero glycemic index, which indicates it has no effect on your blood sugar, compared to Splenda, a chemically altered sugar with a glycemic index of 80. So much safer and tastier than other artificial sweeteners like Equal, Stevia is ideal for sweetening beverages, cereals and baked goods. "Stevia Plus" is our favorite because it has added inulin, a soluble fiber that selectively nourishes the friendly bacteria in the intestine.

We also have cookbooks for cooking and baking with Stevia, as well. Listen to "Health Matters" on WJCW 910-AM Radio on Sat from 8-8:30am.

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