

THE magazine for the **WHOLE** family

Volume 3 Issue 6

Win Floor Seat Tickets for Sesame Street Live!

Family Pastime Magazine has 2 chances for you to win a package of 3 tickets **F** row, on the floor for the **January 16, 4:00** show. You may register online at www.familypastime.com or by mailing in the registration on page 12

An all-new Sesame Street Live performance is coming to Freedom Hall Civic Center in Johnson City Tuesday January 15 at 7:30 pm, January 16 at 10:30 am, 4:00 pm and 7:30 pm.

The show entitled **READY FOR ACTION** and is calling all super heroes! Super Grover needs your help! Come discover what it takes to get your inner hero ready for action! Join Elmo, Zoe, Rosita, Telly Monster and Zoe's pet rock Rocco for Sesame Street Live "Ready for Action"

When Super Grover loses his superness, Sesame Street needs a hero! Never fear, Elmo and your favorite Sesame Muppet friends are here. Get set to join The Fabulous Five, a new team of Sesame heroes, as they work to put



the "super" back in Super Grover. Teaching lessons of healthy habits through song and dance, your favorite Sesame Street friends will explore exercise, nutrition, sleep/energy and hygiene – all in a quest to get Super Grover ready for action.

This all-new Sesame Street Live show features an array of popular (and healthy!) songs, many of them renditions of tunes that parents will remember and kids will love: "Old MacDonald," "Splish Splash," "Twinkle, Twinkle Little Star" and "Sunny Days." Like television's Sesame Street, each Sesame Street Live production features timeless lessons for all ages. Through the razzle-dazzle of this full-blown Broadway-quality show, the production will teach children some great healthy habits that they can use long after the show ends. Adults will appreciate the universal appeal of Sesame Street

Live, the high-tech stagecraft and cleverly written scripts. The show includes performances by Bert, Big Bird, Ernie, Elmo, Oscar, Grover, Cookie Monster, Zoe, Rosita, Count Von Count, Telly, Baby Bear, Prairie Dawn, Roxy Marie, Lulu and Honker.

Family Pastime Magazine has tickets for you to win. Look on page 12 for an entry form or enter online at www.familypastime.com. **FPT**

Fight Colds and Flu

(NAPS) For families with young children, cold and flu season is usually an endless cycle of somebody getting sick, recovering and then catching the next round from another family member or friend. But when families take an immune-boosting approach, it doesn't have to be. Here are a few helpful tips from Scott Berliner, R.Ph., president of Life Science Pharmacy:

- Yogurt is excellent for creating good bacteria

to boost total body immunity. Also, enteric-coated Acidophilus Pearls are a sure shot for helping the good bugs found in yogurt to survive stomach acid.

- Sugar makes the body acidic, and pathogens tend to live on sugar. So during cold and flu season, reduce sugar intake.



Please see "Fight Colds" page 7

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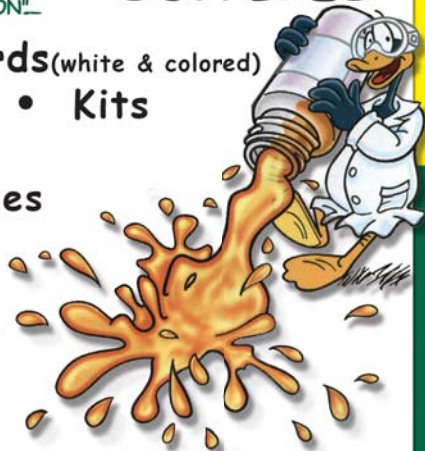


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JANUARY WEEKLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • Diet Resolution Week: 1-7 • National Lose Weight/ Feel Great Week: 1-7 • New Year's Resolutions Week: 1-7 • Silent Record Week: 1-7 • Women's Self Empowerment Week: 1-7 • Someday We'll Laugh About This Week: 2-5 • National Thank-Your-Customers Week: 7-11 • National No Tillage Week: 9-12 • Cuckoo Dancing Week: 11-17 | <ul style="list-style-type: none"> • Home Office Safety and Security Week: 13-19 • International Printing Week: 13-19 • Sundance Film Festival: 17-27 • Healthy Weight Week: 20-26 • Hunt For Happiness Week: 20-26 • National Handwriting Analysis Week: 20-26 • National Take Back Your Time Week: 20-26 • National Medical Group Practice Week: 21-25 • No Name Calling Week: 21-25 |
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JANUARY MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Book Blitz Month • Birth Defects Month • California Dried Plum Digestive Month • Celebration of Life Month • Cervical Cancer Screening Month • Coffee Gourmet International Month • Family Fit Lifestyle Month • Financial Wellness Month • International Change Your Stars Month • International Creativity Month • International New Year's Resolutions Month for Businesses • International Quality of Life Month • International Wayfinding Month • International Wealth Mentality Month • National Be On-Purpose Month | <ul style="list-style-type: none"> • National Clean Up Your Computer Month • National Get Organized Month • National Glaucoma Awareness Month • National Hot Tea Month • National Lose Weight, Feel Great Month • National Mail Order Gardening Month • National Mentoring Month • National Personal Self-Defense Awareness Month • National Poverty in America Awareness Month • National Radon Action Month • National Skating Month • National Volunteer Blood Donor Month • Oatmeal Month • Resolve to Eat Breakfast Month • Thyroid Awareness Month Link |
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Got Milk? Get Cash For School

(NAPS) **W**earing a milk mustache could help fund your college education.

The National Milk Mustache "got milk?" Campaign, in partnership with USA Today, has launched the Scholar Athlete Milk Mustache of the Year (SAMMY) awards, which recognize 25 high school senior student athletes who excel in academics, athletics, community service and leadership with college scholarships.

Winners receive a \$7,500 scholarship, attend an awards ceremony with celebrity guests at

the Milk House at Disney's Wide World of Sports, and appear in a milk mustache ad in USA Today.

High school seniors who think they have what it takes to wear the famous milk mustache can apply at <http://sammy.bodyby.milk.com>. A celebrity panel of milk mustache athletes, including Andy Roddick, Steve Nash, Mia Hamm, Michelle Kwan and Tony Hawk will help select this year's winners. Entries must be submitted no later than 11:59 PM ET Friday, March 7, 2008. Finalists will be named by June 2008.

It's no secret that milk is good for
Please see "SAMMY" page 5



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Johnson City, TN 37602

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Make Some Financial Resolutions — and Stick to Them

If you make a New Year's resolution, and you don't follow through on it, what are the consequences? It all depends. If you vow to learn French but never get past "Oui, mademoiselle," your life will probably go on as before (unless, of course, you're moving to France). But if you make some financial resolutions and abandon them, you could fall short of your long-term goals — such as a comfortable retirement. Consequently, you'll want to set reasonable and attainable financial resolutions — and then discipline yourself to achieve them. What sort of resolutions might you make? Consider the following:

- Boost your 401(k) contributions this year — and every year thereafter. If your employer offers a 401(k) or similar retirement plan — such as a 403(b) or 457(b) — take full advantage of it. Your earnings have the potential to grow on a tax-deferred basis, and because you typically make pretax contributions, the more you invest, the lower your annual taxable income. Furthermore, you may have a dozen or more investment options

within your plan, so you can tailor your choices to reflect your individual risk tolerance, goals and time horizon. If your salary rises every year, increase your 401(k) contributions at the same time. Since the money will automatically be deducted from your paycheck, you shouldn't find it hard to keep this financial resolution.

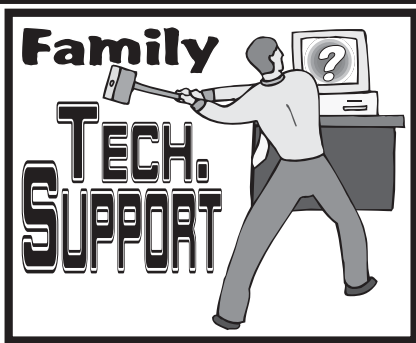
- Contribute the maximum amount to your IRA. Your traditional or Roth IRA can be a key part of your retirement savings. A traditional IRA can potentially grow tax deferred, while a Roth IRA's earnings have the potential to grow tax free, provided you don't take withdrawals until you reach age 59-1/2 and you've held your account at least five years. Unfortunately, many people don't fully fund their IRAs because they're intimidated by the contribution limits (\$5,000 per year for 2008, or \$6,000 if you're over 50). But there's no need to fund your IRA all at once; you can contribute to it incrementally. Why not write a check to your IRA each time you get paid or, better yet, have the money automatically sent from your checking account? Again, it will be easier to keep this resolution if you don't

have to work at it.

- Build an emergency fund. This resolution may take a bit more effort, but it's worth it. If you can put away six to 12 months' worth of living expenses in a liquid account, and use the money only for emergencies — car repairs, unexpected doctors' bills, etc. — you may be able to avoid dipping into your investments to pay for these costs. And the less you tap into your investments, the better.
- Cut your debts. Here's another resolution that sounds simple but can be difficult to achieve. Yet every dollar that doesn't pay a debt can be invested toward your future. In 2008, look for ways to cut your costs, and strive to live within your means.
- See a professional. If you've never worked with a financial advisor, make 2008 the year to start. A qualified financial advisor can objectively evaluate your situation and suggest appropriate financial strategies for helping you achieve your long-term objectives.

By following these resolutions in 2008, you can help position yourself for financial success — for many new years to come. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative



Changing computer habits rarely makes the list of top New Year's Resolutions, but there are three digital resolutions you should make to have a happier 2008, says Gerry McCartney, vice president for information technology and CIO of Purdue University.

"Changing habits doesn't get any easier when you are talking about how you use your computer," McCartney says. "But there are three things you can do

Resolutions Should Include Your Computing Life, Too

By: Steve Tally and Jim Bush

to make for a great 2008 and not for a year of regrets."

1. Back up your computer.

Back it up, back it up, back it up. It sounds simple, but few of us do it. In the coming year there will be new technologies that might make this more convenient and less of a hassle.

"Computer hard drives are mechanical devices that spin at thousands of revolutions per minute that eventually, and often quite unexpectedly, become a worthless piece of e-garbage. It's a certainty that it's going to happen, but we don't know when," McCartney says.

When a hard drive fails, it will take not just old dusty e-mails, but you could

lose your family photos, any music you've purchased online, your address book and all of your work from the past few years.

"People are devastated when they lose all of their data, and in many cases there's nothing that can be done to retrieve it," McCartney says.

The easiest way to back up a computer is with an external hard drive, and with prices now at less than \$1 per gigabyte, it is quite affordable. If you use an Apple Macintosh, the new Time Machine feature makes this simple, and adds cool graphics as a sweetener.

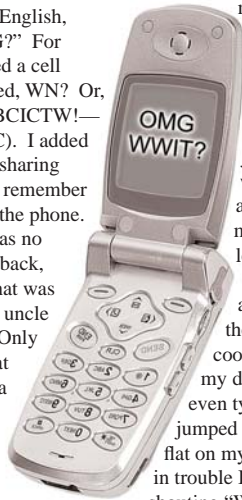
There are online services that provide

Please see "Family Tech. on page 7

FATHER KNOWS BEST

By Chris Joker

OMG WWIT? Or in regular ---SPOKEN English, "OH MY GOSH WHAT WAS I THINKING?" For Christmas my 12 year-old daughter requested a cell phone. So after much consideration I decided, WN? Or, Why Not? (for the textually challenged)... BCICTW!— because I'm crazy, that's why! (Again FTTC). I added a phone to my line which means we will be sharing minutes. I was worried about this because I remember when I was her age I would spend hours on the phone. Now I must say that back in the day there was no such thing as a cell phone. Well, I take that back, there was such thing as a "cell" phone but that was the one used on Sundays by my black sheep uncle doing time for selling counterfeit Members Only jackets from the trunk of his car. I used what we used to call a telephone; now a days it's a "land line". With this phone you could dial (dialing was placing your finger in a hole and rotating the number around to the top of the phone then letting go and waiting for it to spin back around to whence it started so that you could "dial" the next number. Two minutes later the phone would ring on the other end. These phones were also wired to the wall so you couldn't go very far and they weighed about 65 pounds so even if you could go far you wouldn't want to carry it with you. Another thing about these phones was there was no minute limit and no "nights and weekends" garbage. ALL local calls were free, for as long as you wanted to talk, or just a short time if PIR (parents in the room) which they usually



were because there was only a phone in the kitchen or their bedroom. So with the memories of my marathon phone calls, I was a little concerned about her sucking up my cell phone minutes. Apparently using up my voice minutes will not be a problem. It seems that "talking" on a cell phone is passé'. I did not know this when I signed her up for a text-messaging package that offered 600 messages a month. Seemed like plenty to me. I started to think that might not be true when the day after Christmas I was woken up at 6:00 in the morning by the sound of my cell phone ringing. Now, when you are a parent and the phone rings at an off time (such as 6:00 in the morning) you jump to answer just knowing something is wrong. It was not a "voice" call no it was a text message from my daughter "Good morning Daddy, HRU?" Before I continue let me just say that even though I have been showing off my texting prowess with hip and cool text slang throughout this column, the day after Christmas I was not so hip and cool. "HRU?... HRU???" What the... OMG, my daughter is in some sort of trouble and can't even type out what it is, I must rush to her aid." I jumped out of bed, tripped on the footboard and fell flat on my face but since I thought my daughter was in trouble I swallowed the pain and ran into her room shouting "What's wrong? What's wrong?..." Nothing was wrong. No, APPARENTLY "HRU" is text slang for "HOW ARE YOU?"... as I hobbled back to bed I mumbled under my breath back to her "Really not so good now that my leg is all bruised up". I really began to feel 600 messages a month might not be such a good idea when 15 minutes later I got another text, from my daughter... in the next room "Daddy, can you bring me a glass of water?" I wanted to text back, "Yes, I will bring you a glass of water... and dump it on your cell phone."

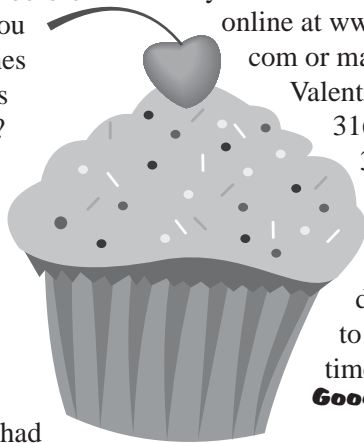
But since I had just spent a fortune on it, I chose to logon to my cell phone account and check the message usage. 597 messages. 597 messages, IN ONE DAY! I then did 2 things. 1) I contacted my mortgage company about a 2nd on my house and 2) I changed her plan to an unlimited text-messaging plan.

Since my daughter got her cell phone or as I like to call it her "text messaging device" I have come to believe that next year in addition to the public schools offering foreign language classes in Spanish, French and German they should also offer "text-ish". Since I have not taken such a class I did the next best thing, I discovered a text slang conversion website called iJargon (<http://ijargon.tflash.co.uk>) The description on the site reads, "Enter the undecipherable/confusing/psychotic text that needs translating". I made it my home page. SID (SERIOUSLY I DID).

When you are the Dad and you get your child a cell phone it's important to lay down some strict rules about accepted cell phone usage. Rules such as, no texting during church, no texting at the dinner table, Oh and no texting Daddy at 6:00 in the morning unless HRU is truly a call for help. I also set down the firm rule that my daughter was not to take the phone to school. Later we compromised; I let her take the phone to school. O.K. before you text me with URSAPO (YOU ARE SUCH A PUSH OVER--- I made that one up) The rule for taking it to school is she must turn it off and keep it in her locker during the school day. If she does not, she will lose it for a month. If that doesn't work the second time she loses it for a month AND I will be answering all her text messages that month with things like "hi this is Rhia's Dad, she can't respond right now because she's in the bathroom" Or "she can't respond right now because she's watching a Barney marathon on TV". I'm pretty sure that if the first infraction does not teach her a lesson, the second will LOL! **FPT**

Valentines Day CONTEST

Valentines day will be here before you know it. How would you like to win a dozen Valentines decorated gourmet cupcakes delivered to your Valentine? **Family Pastime Magazine** has teamed up with **LittleBits Cupcakery** (www.littlebitscupcakery.com) to offer you a chance to win. All you have to do is tell us about the funniest, most romantic or most unusual date you have ever had



and you will be entered to win. Enter online at www.familypastime.com or mail your entry to Valentines Contest, P.O. Box 3161 Johnson City, TN 37602-3161. Deadline is January 25th at midnight. We will pick the winner and deliver the Cupcakes to a tri-cities location in time for Valentines day. **Good Luck. FPT**

SAMMY

continued from page 3

teens. By drinking three eight-ounce servings of lowfat or fat-free milk each day in place of sugary soft drinks with little or no nutritional value, along with regular exercise and eating smart, teens can help keep their bodies looking toned and healthy. Milk is the only beverage naturally packaged with nine essential nutrients, including calcium for strong bones and protein for building muscle. **T**o date, the campaign has awarded more than 250 talented teens with more than \$1.5 million in scholarships. **FPT**

Cracked, Chapped and Dry Lips

Chapped lips are often caused by over exposure to cold or windy conditions, Over exposure to the sun, Allergies to cosmetic products, Infections, Drugs, Dehydration, Harsh winter weather, dry heated air

indoors, and a habit of constantly licking your lips can all help dry out the skin of your lips by causing the moisture in them to evaporate. The result is rough, cracked, sensitive chapped lips.

Protecting your lips from chapping is not only important for appearance and comfort, but for health. Cold sores, bacterial infections, and other problems are more likely to strike lips that are already damaged by chapping.

Home cures for dry lips include:

- Olive oil. Dip your finger in and rub some on your lips.
- Tomato slice for extra chapped lips rub the fleshy side of a tomato on your lips and then eat the rest.
- Half a lemon, sugar and glycerin. Rub the lemon with the sugar on your lips to exfoliate dead skin and then rinse it with water and apply the glycerin to moisturize them.
- Squeeze a couple of drops of 100% pure orange juice on the infected area of the lips...it might burn a little bit at first but your lips should be better in 24 hours...if not add a little bit more!
- A daily multivitamin and extra water per day
- Clinique Moisture Stick, Burt's Bees Lip Balm, and a toothbrush. When you brush your teeth rinse toothbrush well. And the with warm water brush your lips to get the dead skin cells off. Apply the moisture stick, made by Clinique. Let it soak in for about 10 minutes. Then cover with the Burt's Bees Lip Balm.
- Brush on Lip Gloss. Brush on lip-gloss before bed or whenever you have a spare minute. Just let it sit and absorb into your lips.
- Cucumber slice. Take a cucumber, cut off a slice, and rub it on your lips.
- Extract of neem leaf applied several times a day.
- A thin layer of hydrocortisone 1%, go over it with Classic Chapstick (black tube). The first few times this might



Home Cure

make them look worse, but after a while each time you use it they will look and feel better, until one day you just wont need it.

- Eat a banana.
- Drink more

water than you think you need.

- Aloe Vera. Put gel on lips, frequently.
- Vicks VapoRub. Before going to bed, put a little on your lips.
- Tooth Brush, Baking Soda and Vicks VapoRub. Take your toothbrush, wet it and dip it in baking soda, then scrub your lips to get rid of loose pieces of skin and make lips smoother. Then put on Vicks VapoRub
- Water from shower, washcloth, cocoa butter. To exfoliate and moisturize lips put some cocoa butter on overnight, take a shower in the morning, and then GENTLY rub a damp washcloth on your lips in a circular motion to remove dead skin. Follow that with thin layer of cocoa butter.
- Your finger. Using your index finger, gently wipe off a little oil from the outside side of your nose. Apply the natural oils from your skin to your lips to moisturize them!
- 1% hydrocortisone cream, Eucerin and 6-8 glasses of water. Apply a thin layer of 1% hydrocortisone cream, on your lips and gently rub in. Next apply a thin layer of Eucerin over that. You can just use the hydrocortisone by itself if you prefer. Also, try to drink plenty of water every day, 6-8 glasses.
- Mentholatum. You put as much on as you would chapstick. It's best to put it on before you go to bed at night. When you wake in the morning it's all gone.
- All you need is petroleum jelly. Apply to your lips 3-5 times a day.
- Unsalted butter. Rub melted unsalted butter on your lips.
- Hand lotion. Just put it on your lips.
- Salt. Put some salt on your lips and let stay for two minutes. Your lips will get a dry layer on them. When that peels off your lips will be soft and you don't need to put anymore salt on them.
- Eye cream. Before you go to bed put some eye cream on the lips then cover the lips with plastic wrap for 5 minutes then wipe it off. DO NOT eat the cream.
- Honey. Rub it into your lips with your finger. The natural sugar crystals in the honey will exfoliate your lips. You can then either lick or wipe off the honey.
- To prevent infection, apply an over-the-counter antibiotic ointment such as Bacitracin or Polysporin Ointment.
- Carmex.
- Stop using toothpaste. Allergy and sensitivity to flavoring agents in toothpaste can cause chapped lips. Just use a toothbrush alone or a brush with baking soda on it.
- Zinc oxide. Apply every night before bed. It acts as a barrier to protect lips.
- There's a product called Bag Balm (available at CVS) that farmers use on cows' udders when they're sore. You can use it on your lips, too.
- Rubbing your lips with a lemon wedge for 10-15 minutes and then sleeping with vitamin E oil on your lips overnight.
- Castor oil. Carry a small squeeze bottle of the oil and apply it with your finger often throughout the day.

NOTICE: "Home Cures" are meant as information *only* these are merely a record of ways someone may have dealt with common health issues. We make no guarantee that they work or that they are without side effects. *Never* attempt any of the ideas reported in this column without consulting your physician first. Send a "Home Cure" that works for your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

“Getting Down to Brass Tacks”



Say WHAT???

Meaning:

Deal with the essentials; come to the point. Engage with the basic facts or realities. To start talking about the basic facts of a situation

Origin:

Early records either originate in, or refer to, Texas. It is reasonable to assume that the phrase was coined there, in or about the 1860s. The actual original reference is disputed however there are several possible origins for this saying, the simplest being that it is merely rhyming slang; brass tacks =

facts or that it is a Cockney rhyming slang for “hard facts,” however that would hardly be possible if it truly originated in Texas in the 1860s. Another possible origination is that the tacks were those used in furniture upholstery. Any renewal of the fabric meant that the piece of furniture had to be stripped down to the brass tacks. This seems unlikely as the tacks would be the first things to be removed rather than the last. Finally there is this explanation, years ago fabric shops had brass tacks set in their counters every 6 inches. Tailors would come in and look over the fabric picking up bolts that they liked, but they weren’t serious until they “got down to brass tacks” and measured out the amount they needed and intended to purchase. **FPT**

Family Tech continued from page 4

enough storage to back up computers, and these services offer the additional protection of being off site, in case your home or office is destroyed by fire or natural disaster. Two popular sites are Mozy (<http://mozy.com>) and Carbonite (<http://www.carbonite.com>). However, you are turning over your private information to strangers, and you should think about whether this puts you at risk before deciding to use such a service. Also, McCartney warns that these services should only be used to back up personal files and not for business data.

You can back up a few critical files on portable flash drives, but if you do, look for one that encrypts your files. “These get lost fairly often,” McCartney says. “You may not want your files or photos appearing on the Internet.”

2. Buy a shredder. A powerful one.

Because of concerns about identity theft, many people already shred credit card and bank statements, but there are a few other items that should be reduced to bits, as well. “The newer cross-cut or micro-cut shredders also will cut credit cards and computer disks such as CDs or DVDs,” McCartney says. “You’ll be safer if these things aren’t floating around in the world somewhere.”

If you are cleaning out old files or boxes, you should also fire up the shredder, McCartney says.

“Until just a few years ago, many formal documents contained our Social Security numbers and other information that we

would now consider sensitive. Those boxes of ‘treasures’ in the attic could bring a family member a lot of grief if they fell into the wrong hands,” McCartney says. “To be safe, a good rule of thumb is, if a paper has your name on it, shred it when you dispose of it.”

3. Keep your protection up to date

By now everyone who has a PC connected to the Internet has learned — often the hard way — that installing anti-virus software is a must. But the bad guys find new ways to break into computers literally every day. The only defense is to be diligent about keeping the computer’s own security systems up to date by installing patches and to make sure that the anti-virus software also is kept current.

“Everyone should already be using anti-virus software from a known source, such as from McAfee or Symantec,” McCartney says. “But you have to still install system patches or system updates regularly.”

Last month’s HARD answer

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

Having a corrupted machine can make your computing life miserable, but good defenses are available. We just have to use them.”

FPT

Fight Colds continued from page 1

• Go herbal. For instance, Esberitox has been proven safe for children as young as 2 years old. In a clinical study in Europe, it was shown to reduce the duration and severity of colds and flu by 50 percent. Other recommended natural remedies include megadoses (10,000 mg daily) of vitamin C, zinc lozenges and elderberry extract or syrup.

With the right remedies, families can break the cycle of colds and flu. **FPT**

SUDOKU REALLY HARD Instructions on page 21

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



New Site Offers Help For Pet Parents And Makeovers For Shelters

necessary funding.

"During my years in the pet food industry, I've witnessed the dedication and commitment of the people who keep our shelters operating and save the lives of thousands

of animals every day," said Thompson. "Yet despite all of their hard work, shelters lack the financial resources and manpower needed to reach our ultimate goal—finding a permanent, loving home for every animal."

You can help your favorite shelter win a makeover by becoming an active member of Zootoo.com and by encouraging other shelter supporters to join the opinion-sharing Web site, which allows all pet lovers to help each other by sharing their knowledge.

Zootoo.com provides people with all the tools and resources they need to find and review pet products and local pet services, to speak up about issues and concerns, and to share and connect with other pet lovers.

As in many homes on New Year's Day, my wife and I faced the annual conflict of which was more important - the football games on television, or the dinner itself. To keep peace, I ate dinner with the rest of the family, and even lingered for some pleasant after-dinner conversation before retiring to the family room to turn on the game.

Several minutes later, my wife came downstairs and graciously even bought a cold drink for me. She smiled, kissed me on the cheek and asked what the score was. I told her it was the end of the third quarter and that the score was still nothing to nothing. "See?" she said, continuing to smile, "You didn't miss nothing."

When first-time visitors go to the site, they will be given the option of selecting a shelter to support. Then, every time they visit the site—whether it's to review a product or service, share an opinion or refer a friend—they will automatically earn points for their designated shelter.

The 20 shelters that accumulate the most points by March 31, 2008, will be eligible to win the makeover or runners-up prizes.

The Zootoo Advisory Board—which consists of Thompson, Bill Meade from Shelter Planners of America and

Wayne Pacelle, president of the Humane Society of the United States, as well as other pet industry experts—will personally conduct site visits of all 20 shelters to evaluate their needs and how to best meet them.

The shelter deemed most deserving will win a makeover valued at up to 1 million dollars. A second shelter will win a \$10,000 cash prize, and the 18 other top shelters will each receive \$5,000 for shelter improvements.

Details of rules for the program are available at Zootoo.com/makeover.

If your local animal shelter could use a makeover, Richard Thompson, the "Top Cat" at a new Web site, may have a big check for you. **FPT**



Your pet project this year could be helping the animal shelter in your community win a million-dollar makeover.

Zootoo House, Inc., a new organization dedicated to renovating needy and deserving animal shelters, will award one shelter a renovation valued at up to \$1 million—while 19 others will receive prizes of \$5,000 to \$10,000 to be used for shelter improvements.

You can earn points for your favorite shelter by becoming a member of Zootoo.com, a user-generated Web site where people share their opinions and experiences regarding all things related to pets.

Zootoo.com was started by Richard Thompson, the former CEO and "Top Cat" of The Meow Mix Company. While working there, Thompson donated hundreds of thousands of pounds of cat food to animal shelters across the country.

He visited many of them and was often appalled by what he saw: overcrowded cages, too little nutritious food, not enough room to run and play, great pets waiting too long to be adopted.

Thompson met dozens of dedicated pet lovers who work at shelters or generously volunteer their time and heard a common refrain: There are too many pets in need of homes and not enough money to care for them properly while they await adoption.

Not one to see a problem and walk away, Thompson created Zootoo House, Inc. to generate awareness of shelters in communities; to support shelters in a daily quest to save lives; and to assist shelters in obtaining

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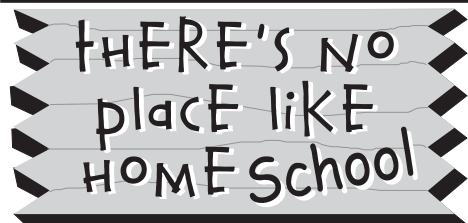
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SUDOKU Medium

Instructions on page 21

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



2nd Annual Tri-Cities Midwinter Homeschool Convention and Book Sale---Making our Homeschool Great in 2008

Whether you have been homeschooling for years, or are new or even considering homeschooling, the Midwinter Convention (February 1 & 2) is the ideal place to glean information about homeschooling children of all ages, hear excellent speakers, meet homeschoolers, learn about local co-ops and opportunities to learn, and go home with a goodie bag full of information! There is nothing better than sharing the day with your spouse or a friend. Tell them they will get their batteries recharged, gain a fresh perspective, a new vision, get questions answered, hear from others sharing similar struggles, meet other home educators and enjoy a great day in the Lord with you! There is a sweetness in the fellowship at homeschool conventions that simply must be experienced!

The 2nd Annual Tri-Cities Midwinter Homeschool Convention and Book Sale at Crossroads Christian Church in Gray, Tennessee is a two-day homeschooling event, which has quadrupled in size from last year. The event offers help on organization, time management, learning or disability issues, ideas on how to finish the school year and still have fun, how to count "real life" as homeschool, books your children should read, how to continue through depression or chronic pain and more. The convention kicks off Friday February 1st with

"Date Night With Dad" featuring the official kick-off and information on setting a firm foundation for homeschooling with speaker Jan Bloom, Sonya Haskins talking about her Book of Lists, and ending with a question and answer session with a panel of real life homeschooling dads.

The convention continues on Saturday with informational sessions with Keynote Speaker Jan Bloom, Time Management specialist Liz Franklin, Sonya Haskins and Lisa Baughn. The convention offers over 12 sessions of inspirational information. The convention is designed to discuss the issues faced by real life homeschoolers and how to navigate them. It features real life families, with real issues and struggles. These families will be sharing stories on how they dealt with typical issues and struggles and how you may also.

The Mid-Winter convention also offers information on what is new and exciting in the homeschool world. This year's keynote speaker is, Jan Bloom a well-known author and hilarious homeschool speaker who has written two books that are essential for every homeschool library, Who Should We Then Read? with over 140 authors of good books for children and young adults and What Should We Then Know? Jan is a breath of fresh air – she is inspirational, passionate and a genius at introducing children to the best books! The Blooms are bringing their

enormous selection of 4000-5000 of the best living books! Creaking bookshelves FULL of delightful living books all for sale- they have an amazing selection of homeschool favorites, classics, Christian books, children's books, and the best books from yesteryear, neatly organized! It is like going into a great library full of safe books, and actually being able to pull old favorites to share with your children, plus plenty of new books you will want to read aloud. The convention also features many more vendors.

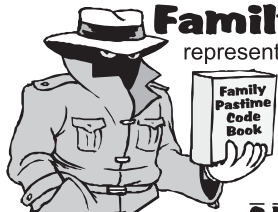
Come with a heart prepared to learn, bring a notebook, a budget for books and homeschooling supplies, and a friend. Nursing babies are welcome, but organizers ask that children stay at home because this event is a day designed for Mom and Dad to be equipped and encouraged!

Convention organizers are asking for a \$5 donation per family to offset administrative costs. A lunch will be offered at what organizers promise will be a very reasonable rate! Back by popular demand this year will be homeschooled Miss Emily's Bakery with luscious treats and delicious coffee that sold out last year.

Volunteers and sponsors are being sought to help make this year's convention a success for contact information and an extensive list of convention activities visit www.midwinterconvention.com. **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. Lisa is

launching a new website soon with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!



Family Crypto-Time

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

“ C R U Q J U C A ' X A U X E P G H F E R F X
X E B U H Y F R I H Y C H T E U X F R E R U J U C A
C R O E G H H Y U E H Y U A . ~Author Unknown

If you need a clue look on page 18. Look for the answer next month or online if you just can't wait.

DOUBLE TAKE

Find at least 20 differences in the two pictures (answers are on the bottom...no peeking!!!)



Arm, Snowman eyes, Snowman hatband, Snowball on shelf, Snowball on hat, Scarf, Woman's hat, Mitten, Collar, Snowman mouth, Snowball in mitten, Tree bough, Tree moved, Tree bigger, Snowman arm, More snowballs, Little girl stack of snowballs, More snowflakes, Less snow on tree, Hat missing, Dog moved, Sled colors, Sledder's hair

SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle or if you can't wait go to www.familypastime.com & click on the "answers" button.

SUDOKU EASY

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 or if you can't wait go to www.familypastime.com and click on the "answers" button.

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

Q: What did the snowman say to the other?
A: (Sniff, sniff) Do you smell carrots?

Q: What is a cow's favorite holiday?
A: Moo Years Day!!

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

PARENTING

How To Buy Appropriate Video Games

By: Amy Patterson Neubert

Blackmon, who owns more than a dozen video-game systems and hundreds of games. "Plus, video games can be used as a teaching tool. In my house, we play games with closed captioning and turn the sound off. The subtitles not only improve reading comprehension but also help with reading speed."

Here are some other buying tips:

- **V**isit the game developer's Web site to view trailers for specific games. These trailers, just like for movies, will give you a good feel for the game.
- **W**hen at a gaming store, ask if you can play the game. If you are not a video game player, then ask someone who works there to demonstrate the game for you.
- **U**nless a child is going to be supervised, avoid role-playing games utilizing the Internet to connect the players. You don't know what the other players are going to do, which can very

quickly change the content of games.

- **E**ven if buying a game for a specific teenager, be aware if there are other children in the house. A game may be suitable for a 17-year-old, but chances are the 8-year-old will be playing it, too. Look for games that are appropriate for all ages.
- **P**ay attention to the video-game rating system. It is more complicated than the motion picture code. The Entertainment Software Rating Board (www.esrb.org) explains the ratings.
- **L**ook for video games that involve puzzles or quests. These types of games teach and offer logic challenges rather than just entertain.
- **B**efore buying the latest system, make sure age-appropriate games are available for that console.
- **M**ake yourself familiar with how the parental settings on computer consoles work. You can block images, text messages and chat from strangers online. **FPT**

Adults who are not familiar with video and computer games should be cautious about what they buy children, says a Purdue University video-game expert.

"In a perfect world, video games would be rated in terms of content and complexity," says Samantha Blackmon, an associate professor of English who studies representations of race and gender in video games. "But the content of video games can be surprising. The way video games are drawn can remind us of cartoons and feel safe for children, but sometimes the language and innuendo that accompanies the images is anything but child-friendly."

Blackmon says young children will often imitate the language they hear, and they also will draw conclusions about how they should see women and minorities based on what is represented in games.

"That's why it is important for adults to take an interest in the games children play," says



New Year's Traditions

Traditions of the New Year celebration include the making of resolutions. Popular modern resolutions include losing weight or quitting smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

The Tournament of Roses Parade dates back to 1886. In that year, members of the Valley Hunt Club decorated their carriages with flowers. It celebrated the ripening of the orange crop in California.

Although the Rose Bowl football game was first played as a part of the Tournament of Roses in 1902, it was replaced by Roman chariot races the following year. In 1916, the football

game returned as the sports centerpiece of the festival.

The tradition of using a baby to signify the New Year began in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth. The use of an image of a baby with a New Years banner as a symbolic representation of the new year was brought to early America by the Germans. They had used the effigy since the fourteenth

century.

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor on New Year's Day would bring either

please see "Traditions" page 15



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| Crafts N/A 1 2 3 4 5 6 7 8 9 10 | Crypto-Gram N/A 1 2 3 4 5 6 7 8 9 10 |
| Jokes N/A 1 2 3 4 5 6 7 8 9 10 | Family Tech. Support N/A 1 2 3 4 5 6 7 8 9 10 |
| Creature Feature N/A 1 2 3 4 5 6 7 8 9 10 | Say What? N/A 1 2 3 4 5 6 7 8 9 10 |
| Kid Scientist N/A 1 2 3 4 5 6 7 8 9 10 | Family-friendly Recipes N/A 1 2 3 4 5 6 7 8 9 10 |
| Double Take N/A 1 2 3 4 5 6 7 8 9 10 | Sudoku N/A 1 2 3 4 5 6 7 8 9 10 |
| No Place Like Home-School N/A 1 2 3 4 5 6 7 8 9 10 | Kid-toons N/A 1 2 3 4 5 6 7 8 9 10 |
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as one of the greatest orators in American history. In 1964, King became the youngest person to receive the Nobel Peace Prize for his efforts to end segregation and racial discrimination through civil disobedience and

other non-violent means.

King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom by President Jimmy Carter in 1977. Martin Luther King Day was established as a national holiday in the United States in 1986. In 2004, King was posthumously awarded a Congressional Gold Medal. **FPT**

Martin Luther King, Jr. (January 15, 1929–April 4, 1968), was one of the main leaders of the American civil rights movement. A Baptist minister by training, King became a civil rights activist early in his career, leading the Montgomery Bus Boycott and helping to found the Southern Christian Leadership Conference. His efforts led to the 1963 March on Washington, where King delivered his “I Have a Dream” speech, raising public consciousness of the civil rights movement and establishing King



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SUDO-KID-U 2

4			
	2		4
		3	
2			

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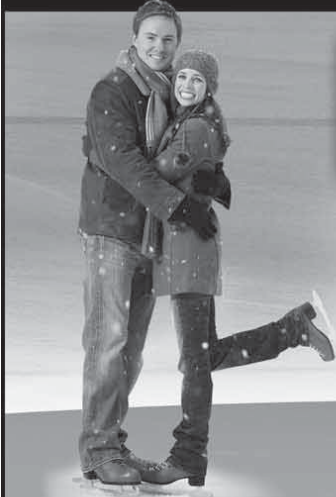
Nov. 16 - Jan. 5

The holidays come to life at Speedway in Lights.

With the Sea of Illumination and kid-favorite Dinosaur Village, this is one holiday tradition they'll remember forever.

Check out the new Dixie Stampede Dancing Lights—synchronized to holiday music in the track infield.

And Don't miss your chance to see millions of lights while you drive on the high banks of "The World's Fastest Half-Mile."



ICE RINK at Bristol Motor Speedway

Have fun with your family and friends this year at the Ice Rink at Bristol Motor Speedway. It's your only chance to skate in the Tri-Cities all year long.

It's only five bucks to skate, and rentals are just two dollars. Open Tuesday through Sunday at 4pm with extended hours on the weekends.

Nov. 13 - Jan. 13

For more information, call 423.989.6900 or visit www.bristolmotorspeedway.com.



In honor of English Toffee Day - - January 8 -- We offer the following recipe:

English Toffee

SUPPLIES:

- 14 TBS butter
- 1 C sugar
- 2 TBS cold water
- 1/2 chopped pecans or walnuts
- 1 tsp pure vanilla extract
- Dash salt
- 1 (6-ounce) bag semisweet chocolate chips or thin chocolate bars

HOW TO:

1. Generously butter a cookie sheet.
2. Put butter, sugar, and water in a heavy pan or skillet over medium-high heat.
3. Bring to a bubbling boil, stirring constantly with a wooden spoon, about 10 minutes.
4. Remove spoon from pan, and cook to a very brittle stage (300 to 310 degrees). Or, make a cold water test: candy will separate into hard, brittle threads when dropped in cold water.
5. Remove from heat and add nuts to mixture.
6. Add vanilla and salt.
7. Pour onto prepared cookie sheet and spread to 1/4-inch thickness.
8. Cool slightly, top with chocolate chips or chocolate bars, and spread as it melts.
9. Cool completely and break into pieces. Store in an airtight container

Easy Answer From last month

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

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



"Movie Glass", "Sugar Glass", "Fake Glass", "Break-away Glass"

Using common kitchen ingredients, you can make a fake sheet of glass similar to the type used for theatrical prop bottles or when someone runs through a window in movies.

SUPPLIES:

- 2 cups water
- 3 1/2 cups white or brown sugar (depending on the color glass you want).
- 1 cup clear corn syrup
- 1/4 teaspoon cream of tartar (in the spice section)
- Candy thermometer (not necessary but will help with accuracy)
- Non-stick saucepan.
- Cookie sheet or other mold.
- Spoon.
- Measuring cup and tools.



HOW TO:

1. Place a non-stick sauce pan on a stove at low

- heat.
2. Mix water, sugar, corn syrup, and cream of tartar in the pot.
3. Place candy thermometer in the pot so that the bulb, or metal end is in the liquid to read the temperature.
4. Heat the mixture slowly to a boil (Do not heat too quickly or the ingredients will "brown", or caramelize), and continue heating until it reaches 300 degrees Fahrenheit. NOTE: somewhere between 210 degrees and 240 degrees it'll stop for a while so don't think the thermometer stopped working.
5. While mixture is heating, spray your mold (a cookie sheet works great for a sheet of glass) with non-stick cooking spray. Spray on a lot to help in removal of your "glass".
6. Quickly begin to pour the liquid into the mold. Once the mix comes off the stove it will start to harden fast. So don't wait long to pour. Go slow making sure to spread the mix evenly across the mold.
7. There might be some small bubbles on the surface. Most of these should go away, but feel free to (carefully) pop them with something pointy.
8. Allow to cool for at least an hour, after 25

- minutes it should be cool enough to touch, but it isn't hardened, so don't take it out no matter how it feels.
9. Test the sheet of "glass" to be sure it hardened.
10. Invert the cookie sheet to remove your sheet of glass.
11. You may need to heat a knife under hot water and use this to cut around the edges of the "glass" to aid in removal.

SUGGESTIONS:

- Keep the sugar glass stored in a cool, dry place. After only 10-15 minutes at room temp. the "glass" will start to sweat and get sticky. The longer you leave it out the more it will just bend instead of break. If you are keeping it for a long time put it in the fridge.
- Make your "glass" as thick or thin as you want, by using a smaller or larger mold.
- Make colored "glass" by adding food coloring while it is in the liquid state.
- Make brown "glass" by using brown sugar.

WARNINGS:

- The sugar glass mixture is very hot, and will stick to skin causing burns. Get a grown-up to help and always handle it carefully. Use kitchen gloves when pouring it.
- Sugar glass edges are still sharp when broken!
- Don't eat it. **FPT**

Traditions continued from page 11
good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the

New Year by consuming black-eyed peas. Either hog jowls or ham typically accompanies the peas. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day. **FPT**

Sudoku last month's Really Hard answer

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

Kid Friendly Recipes



Black Eyed Peas with Ham

SUPPLIES:

- 3 1/2 C canned or frozen (and thawed) black-eyed peas thawed
- 3 C chicken stock or canned low-salt broth
- 4 oz finely chopped ham
- 1 C onion, chopped
- 2 TBS balsamic or red wine vinegar
- 4 garlic cloves, minced
- 1 bay leaf
- 1/2 tsp. Thyme
- 1/4 tsp. (More to taste) crushed red pepper
- Pepper to taste

HOW TO:

1. Bring all ingredients to boil in heavy large saucepan.
2. Reduce heat to a low simmer and cook, stirring occasionally, until peas are tender, about 45 minutes.
3. Season with salt and pepper.

Lyndsey's Fluffy Egg Casserole

SUPPLIES:

- 1 loaf light bread
- 2 sticks butter
- 1 block of Velveeta
- 8 eggs
- 4 cups of milk
- Sausage or bacon if desired.
- 8X13 casserole dish

HOW TO:

1. Tear crust off of bread and tear bread into small pieces
2. Put bread into dish
3. Melt butter and Velveeta slowly in microwave (I use about 2/3 block of Velveeta choose more or less depending on what you like)
4. Pour over bread
5. Beat 4 cups of milk and 8 eggs together
6. Pour on top of bread, cheese/butter
7. Add cooked sausage or bacon to top of casserole if desired.
8. Bake uncovered on 350 for 45 min.- 1hr

BUBBLE AND SQUEAK

An old English dish, named for the sounds the ingredients make while cooking

SUPPLIES:

- 1 C cold mashed potatoes
- 1 C cooked cabbage
- Salt and pepper to taste
- A little oil for the pan

HOW TO:

1. Combine all ingredients
2. Cook in hot frying pan with a little oil until well browned.
3. Serve with grilled bacon and tomatoes for a hearty breakfast.

Hoppin' John

For maximum good luck in the new year, the first thing that should be eaten at the stroke of midnight on New Year's Eve is this African-American dish . Many families toast each other with Champagne and a bowl of Hoppin' John. Often served with greens to insure prosperity in the coming year.

SUPPLIES:

- 1 LB. Dried black eyed peas
- 1/2 LB. salt pork, cubed
- 1/2 LB. Cooked ham, cubed
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 ham bone
- 1/4 tsp. (more to taste) crushed red pepper
- Pepper to taste
- 3 C cooked rice

HOW TO:

1. Rinse peas and pick over, removing any small stones or foreign particles.
2. Cover with cold water in a large pot, bring to a boil for a minute
3. Remove from heat cover and let sit for one hour.
4. In a large skillet, saute the salt pork to render fat, add onion and garlic and cook until onion is soft, about 5-6 minutes.
5. To the pot of peas add the onion mixture along with the ham bone and seasonings
6. Add enough water to cover the ingredients and bring to a simmer.
7. Cover and cook for about 1- 1 1/2 hours or until black eyes peas are tender but not mushy.
8. Season with salt and pepper to taste.
9. Serve over hot cooked rice.

Southern Country Greens SUPPLIES:

- 4 lbs. Strongly flavored greens such as kale, collards, mustard greens, turnip greens, or a mixture
- 1 lbs. Pork shoulder butt or ham, slashed to the bone in 3 places
- Salt and Pepper to taste
- 1 tablespoon flour, optional
- Pepper vinegar or cider vinegar

HOW TO:

1. Remove the stems from the greens and clean them thoroughly.
2. Put them in a large pot (enameled cast iron is perfect) with just enough water to cover.
3. Add the pork butt.
4. Bring the water to a boil
5. Lower heat and simmer, partially covered, for 2 hours or until the greens are soft and the meat is falling apart.
6. Add the salt and pepper to taste, then the optional flour, mixing well.
7. Serve in soup plates with some of the meat mixed in and pass the pepper vinegar on the side.

Corn bread

SUPPLIES:

- 3 C biscuit baking mix
- 1 C white sugar
- 2 1/2 tsp baking powder
- 1/2 C yellow cornmeal
- 3 eggs
- 1 1/4 C milk
- 1 C butter, melted
- 2 C frozen corn kernels, thawed (optional)

HOW TO:

1. Preheat oven to 350 degrees
2. Lightly grease a 9x13 inch baking pan.
3. In a large mixing bowl, combine baking mix, sugar, baking powder and cornmeal.
4. In a separate bowl, whisk together the eggs, milk and melted butter until creamy.
5. Stir in flour mixture until blended.
6. Fold in frozen corn if using.
7. Pour batter into prepared pan.
8. Bake in the preheated oven for 30 minutes, or until a toothpick inserted into the center of the bread comes out clean. Serve warm.

Q: Waiter, this soup tastes funny ?
A: Then why aren't you laughing !



Hippopotamus

The Hippopotamus (often shortened to “Hippo”) is a large mostly plant eating African mammal. They are semi-aquatic

(A creature which spends part of its time on land and also lives in the water) inhabiting lakes and rivers, in large groups of up to 40. The word Hippopotamus comes from a Greek word meaning “water or river horse”. During the day, they remain cool by staying in the water or mud, even childbirth occurs in the water. Their eyes are located at the top of

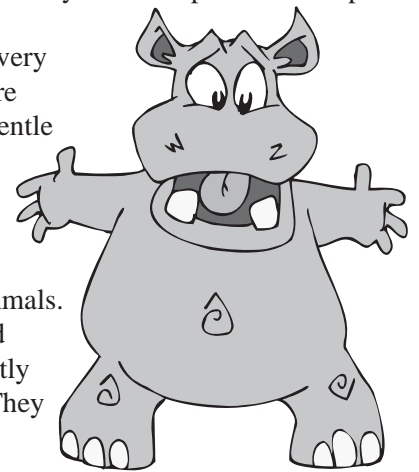


their heads allowing them to check out the surroundings while keeping their head in the water. They emerge at dusk to spend four or five hours grazing on grass,

consuming up to 159 pounds of grass a night.

Hippopotamuses physically resemble pigs; their closest relatives are whales and porpoises. They are recognizable for their barrel-shaped torso, hairless body, stubby legs and tremendous size. The female is called a cow and the male a bull. The average weight of a male is 3,300 – 4,000 lbs an older male can reach 7,000 lbs. Only elephants are consistently larger, but despite the hippopotamuses, stocky shape and short legs, they can easily outrun a human. They can run up to 14 miles per hour.

Hippopotamuses are very popular in zoos and are portrayed as cuddly gentle giants in fiction; however the Hippo is actually among the most dangerous and aggressive of all mammals. Their canine teeth and incisors grow constantly reaching 20 inches. They are fun to watch from afar at the zoo. **FPT**



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 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: Deadline is midnight January 25th. **FPT**

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

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.



Fun Family Events



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
3 Chocolate Covered Cherry & Tolkien Day
4 Dimpled Chad Day, World Braille Day
Hands On 6:30 pm - FREE Movie Night--
 Shrek The Third Enter to win a **Hands On!**
 Family Membership. Animated. Rated PG.
5 Bird Day, National Second Hand Wardrobe
 Day, Fruitcake Toss Day
Hands On Art Studio Paint winter scenes in the
 Pointillism style of Georges Seurat, also Share
 your wish for the New Year giant wish board.
6 Hands On Art Studio Paint winter scenes in
 the Pointillism style of Georges Seurat. Also
 Share a Wish Share your wish for the New
 Year on our giant wish board.
7 Thank God It's Monday Day
JCPL Family Storytimes 6:30 pm
8 National English Toffee Day (see recipe
 page 14), National Joy Germ Day, Show and
 Tell Day at Work
Hands On Storytime at 2pm Ms. Martha reads
 variety of stories with winter themes
JCPL Two's Time* (age 2) 10:00 am, Preschool
 Pals* (age 3 - 5) 11 am, K-1 Story Stretchers*
 (K-1) 4 pm, Watauga Association of
 Genealogists 6:30 pm Help with family
 research.
9 Hands On 10:30am -12pm - Squid Dissection
 Back by popular demand! Cost is \$5 per
 student. Pre-registration is required.
JCPL Two's Company (age 2) 10 am,
 Preschool Storytimes (age 3 - 5) 11 am
10 National Cut Your Energy Costs Day
JCPL Two's Company (age 2) 10 am,
 Preschool Storytimes (age 3 - 5) 11 am, K-1
 Story Stretchers* (K-1) 4 pm
11 Hands On Storytime at 2pm Ms. Martha
 reads variety of stories with winter themes
12 Penguin Awareness Day
Hands On Art Studio Paint snowy puffy
 paintings - shaving cream snowman or winter
 picture, also, Special Clean Water Maze Event
JCPL Bilingual Storytime Spanish/English 2
 pm

13 Hands On Art Studio Paint snowy puffy
 paintings - Make a shaving cream snowman or
 winter picture that will really stand out.
14 National Clean Off Your Desk Day,
 Organize Your Home Day, Ratification Day
JCPL Family Storytimes 6:30 pm
15 Champion of the Month Day,
 Humanitarian Day
Hands On Storytime at 2pm Listen to Ms.
 Martha reads a story honoring MLK.
JCPL Two's Time* (age 2) 10:00 am, Preschool
 Pals* (age 3 - 5) 11 am, Books & Beyond*
 (grade 2-5) 4 pm, ALTERED BOOKS Create
 your own book!* 6:30 pm
16 Appreciate A Dragon Day, Nothing Day
JCPL Two's Company (age 2) 10 am, Preschool
 Storytimes (age 3 - 5) 11 am
17 Customer Service Day
Hands On 10:30am -12pm - Squid Dissection
 Back by popular demand! Cost is \$5 per
 student. Pre-registration is required.
JCPL Two's Company (age 2) 10 am, Preschool
 Storytimes (age 3 - 5) 11 am, Books &
 Beyond* (grade 2-5) 4 pm, 7:00 pm Martin
 Luther King, Jr. Celebration Book Discussion.
18 Pooh (Winnie The) Day
Hands On Storytime at 2pm Ms. Martha reads a
 variety of stories with winter themes
19 Hands On Art Studio Make an electrifying
 kite to celebrate Benjamin Franklin's birthday.
 Also A Hair Raising Experiment in the
 Discovery Lab.
20 National Disc Jockey Day, Inauguration
 Day, World Religion Day
Hands On Art Studio Make an electrifying kite
 to celebrate Benjamin Franklin's birthday.
 Also A Hair Raising Experiment in the
 Discovery Lab.
21 Martin Luther King Day, National
 Hugging Day, Squirrel Appreciation Day.
 MLK Shake day
JCPL Family Storytimes 6:30 pm
22 Answer Your Cats Questions Day,
 Celebration of Life Day
Hands On Storytime at 2pm Ms. Martha
 reads variety of stories with winter themes

also 10:30-11:30am - The Freedom Within Us
 Celebrate African American art
JCPL Two's Time* (age 2) 10 am, Preschool
 Pals* (age 3 - 5) 11 am, K-1 Story Stretchers*
 (K-1) 4 pm
23 National Handwriting Day, National Pie Day,
 Snowplow Mailbox Hockey Day
JCPL Two's Company (age 2) 10 am, Preschool
 Storytimes (age 3 - 5) 11 am
24 Belly Laugh Day, National Compliment Day,
 Women's Healthy Weight Day
JCPL Two's Company (age 2) 10 am, Preschool
 Storytimes (age 3 - 5) 11 am, K-1 Story
 Stretchers* (K-1) 4 pm
25 A Room of One's Own Day, Fun at Work
 Day
Hands On Storytime at 2pm Listen to Ms. Martha
 read a variety of stories with winter themes
26 National Peanut Brittle Day, National Seed
 Swap Day, Toad Hollow Day of Encouragement
Hands On Art Studio Paint snowy puffy paintings,
 also Making LED Jewelry
27 Holocaust Memorial Day
Hands On Art Studio Paint snowy puffy paintings,
 also Making LED Jewelry
JCPL Movie Theater @ Your Library Pirates of
 the Caribbean: At World's End 2:00 pm
28 Better Business Communication Day, Bubble
 Wrap Appreciation Day
JCPL Family Storytimes 6:30 pm
29 Freethinkers Day
Hands On Storytime at 2pm Listen to Ms. Martha
 read a variety of stories with winter themes
JCPL Two's Time* (age 2) 10:00 am, Preschool
 Pals* (age 3 - 5) 11 am, MEDIA SWAP Swap
 used books, DVDs or CDs! 6:30 pm
30 Inane Answering Message Day
JCPL Two's Company (age 2) 10 am, Preschool
 Storytimes (age 3 - 5) 11 am
31 Inspire Your Heart with Art Day
JCPL Two's Company (age 2) 10 am, Preschool
 Storytimes (age 3 - 5) 11 am, Explorers*
 (Grade K - 5) Coach Lee Morrow & ETSU
 Athletes 4 pm

crypto clues: j=y *Please Register 434-4458

Across

- 2. Vegetable eaten on New Year's Day to bring prosperity
- 4. Don't rain on this
- 8. No two are alike
- 9. What people say you do to send out the old year.
- 15. Winter ice sport
- 16. Many people say "ooooh" and "Ahhh" when they see this display.
- 18. Yell out the seconds to midnight during this
- 21. Old Long Ago
- 22. Keep your hands warm
- 24. Hold this to celebrate the coming of the New Year
- 27. Winter snow sport
- 28. Hot winter drink
- 33. In China 2008 will be the year of this
- 34. In China 2007 was the year of this.
- 35. Sport played on New Year's Day
- 36. Old year symbol
- 37. Small pieces of colored paper or streamers
- 38. Snowman's nose
- 39. Clear your walk way with this

Down

- 1. Ten years
- 2. One hundred years
- 3. Welcome in New Year Symbol
- 5. "Ice cream" made with snow
- 6. Good luck Legume eaten on New Year's Day.
- 7. That which is resolved or determined
- 9. Granddaddy of football bowls
- 10. What people say you do when you bring in the New Year.
- 11. A man made of snow
- 12. In china the New Year starts in this month.
- 13. Winter "rain"
- 14. Intersection in New York City that is the site of annual New Year's Eve celebrations
- 17. Surprise winter "vacation" from work or school
- 19. January 1
- 20. Bob _____
- 23. Share this with a loved one at midnight on New Year's Eve.
- 25. Lie down and make this in the snow
- 26. A horn or rattle used to make noise at a party



- 29. A custom handed down from past generations
- 30. Drops in Times Square to signal the beginning of the New Year
- 31. Tracks months of the year
- 32. The middle of the night; twelve o'clock at night

www.mybusinesshasnowwebsite.com

SUDO-KID-U 1

SUDO-KID-U
Instructions: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

2			
	3	2	
		1	



SLUGS

By: I.M. Yuckee

The word “slug” is often used to differentiate gastropods with a very reduced shell or no shell at all from those, which have a large and noticeable shell, which are commonly known as snails. But in reality slugs and snails are not very different at all from one another, apart from the fact that snails have a functional coiled shell into which they can retract. Simply speaking, slugs are snails.

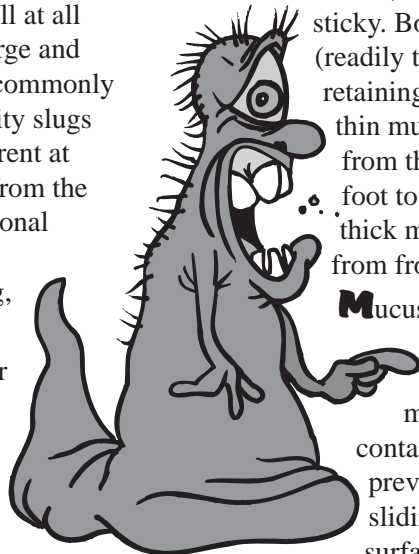
Slugs grind food using their radula, a rough, tongue-like organ with many tiny tooth-like denticles (similar to teeth).

Like snails, most slugs have two pairs of ‘feelers’ or tentacles on their head. The upper pair—optical tentacles—are light sensors; the lower pair provides the sense of smell. Both pairs are retractable and can be re-grown if lost. On top of the slug, behind the head, is the saddle-shaped mantle. The mantle also has a hole, the pneumostome, for respiration. The slug moves by rhythmic muscular action of its foot.

Slug’s bodies are made up mostly of water and are prone to desiccation (dehydration). They must generate protective mucus

to survive. In drought conditions they hide under fallen logs, rocks, plants, and planters in order to help retain body moisture.

Slugs produce two types of mucus: one, which is thin and watery, and another, which is thick and sticky. Both are hygroscopic (readily taking up and retaining moisture). The thin mucus is spread out from the center of the foot to the edges. The thick mucus spreads out from front to back.



Mucus is very important to slugs because it helps them move around, and contains fibers, which prevent the slug from sliding down vertical surfaces. Mucus also

provides protection against predators and helps retain moisture. Some species use slime cords to lower themselves on to the ground.

Many species of slugs play an important role in ecology by eating dead leaves, fungus, and decaying vegetable material. Some slugs are predators. Most slugs will also eat carrion (dead

and putrefying flesh) including the dead of their own kind.

Frogs, toads, snakes, hedgehogs, eastern box turtles, and also some birds and beetles are natural slug predators. Slugs, when attacked, can contract their body, making themselves harder and more compact and thus more difficult for many animals to grasp. The unpleasant taste of the mucus is also a deterrent. **FPT**

What is the definition of a slug?
A snail with a housing problem!

What did the slug say as he slipped down the wall?
How slime flies!

What do you do when two snails have a fight?
Leave them to slug it out!

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 or if you can’t wait go to www.familypastime.com and click on the “answers” button.

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

Family Crypto-Time Last month’s answer

“The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.”

AFNN: AYN HFNONGBN IP Z YZHHJ PZRUKJ ZKK
CFZHNM SH UG NZBY IAYNF. ~Burton Hillis

Beginners "TEXTionary"

A

- * AFAIK – As far as I know
- * ASAP – As soon as possible
- * ASL – Age/sex/location
- * ATM – At the moment
- * AWOL – Absent without official leave

B

- * B4N – Bye for now
- * BBL – Be back later
- * BF – Boyfriend, best friend
- * BRB – Be right back
- * BTW – By the way

C

- * CD9 – Code 9 (parents are around)
- * CID – Crying in disgrace
- * CU – See you (later)
- * CU2 – See you too

D

- * D8 – Date
- * DIKU? – Do I know you?
- * DTRT – Do the right thing

E

- * EG – Evil grin
- * ESAD – Eat stuff and die

F

- * F2F – Face to face
- * FITB – Fill in the blank

- * FOMC – Fell off my chair
- * FYA – For your amusement

G

- * G1 – Good one
- * GF – Girlfriend
- * GTG or G2G – Got to go, or good to go
- * GR8 – Great

H

- * H8 – Hate
- * H&K or HAK – Hugs and kisses
- * HHOK – Ha ha only kidding
- * HHOS – Ha ha only serious

I

- * IC – I see
- * IDK – I don't know
- * IDR – I don't remember
- * ITYM – I think you mean

J

- * J4F – Just for fun
- * JAS – Just a second
- * JIC – Just in case
- * JK – Just kidding

K

- * K – OK
- * KHYF – Know how you feel
- * KIT – Keep in touch
- * KPC – Keep parents clueless

L

- * L8R – Later
- * LMHO – Laughing my head off
- * LOL – Laughing out loud
- * LTNS – Long time no see

M

- * MYOB – Mind your own business
- * MOF – Matter of fact
- * MOS – Mom over shoulder
- * MOTD – Message of the day

N

- * NAC – Not a clue
- * NBD – No big deal
- * NM – Not much, never mind, or no message

O

- * OAUS – On an unrelated subject
- * OBTW – Oh, by the way
- * OMG – Oh my gosh
- * ONNTA – Oh no, not this again

P

- * PAW – Parents are watching
- * PIR – Parents in room
- * POS – Parents over shoulder
- * PPL – People

Q

- * QT – Cutie

R

- * R – Are
- * RAEBNC – Read and enjoyed, but no comment
- * REHI – Hi again
- * ROTFL – Rolling on the floor laughing

S

- * SCNR – Sorry, could not resist
- * SEC – Wait a second
- * SMH – Shaking my head
- * SOB – Stressed out bigtime

T

- * TBH – To be honest
- * TGIF – Thank God it's Friday
- * THX, TNX or

TX – Thanks

- * TIA – Thanks in advance

* TMI – Too much information

* TTFN – Ta ta for now

* TTYL, TTUL, T2UL or T2YL

– Talk to you later

* TY – Thank you

* TYT – Take your time

U

- * U – You

- * UOK – [Are] you OK?
- * UOM – You owe me
- * UR – You're or your

W

- * WAEF – When all else fails
- * WTH – What the heck
- * W8 – Wait

X

- * XOXO – Hugs and kisses

Y

- * YABA – Yet another bloody acronym
- * YGLT – You're gonna love this
- * YKW – You know what
- * YW – You're welcome

FPT – Family Pastime

Sudoku Medium answer from last month

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

S U P E R S U D O K U

Answer from last month

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



HEALTH MATTERS

By: Patsy Meridith

Contrary to popular belief, coconut oil is now supported by research to be one of the healthier oils available. In the 1950's, experts conferred that all fats were bad, but recent studies show that coconut oil not only has many health benefits, but could also prove to be a valuable replacement for unhealthy trans-fats used in many processed foods. An excellent source of more stable medium-chain fatty acids, coconut oil is a healthy saturated fat that is metabolized quickly and converted into energy rather than being stored as fat. Due to its support of a healthy thyroid, coconut oil can also stabilize hypoglycemic cravings, aid in more effective weight management, improve HDL and LDL cholesterol ratios and even relieve dry skin conditions. Organic, virgin coconut oil is the best choice for stir frying, baking your favorite treats or taking in convenient soft gels. As always, we guarantee your satisfaction.



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

Tips To Help Reduce Joint Discomfort



Chances are you or someone you know has occasional joint discomfort. According to the Centers for Disease Control and Prevention, one in five U.S. adults experiences some form of joint discomfort on a daily basis.

Many people with joint discomfort are unaware of the measures available to maintain joint health, according to Deralee Scanlon, R.D. Scanlon offers the following tips

- **Stay Active.** Moderate, low-impact exercise is important to improve joint comfort and mobility. If freezing temperatures and icy conditions have put a damper on your usual outdoor fitness routine, consider joining a fitness class or finding an indoor track to walk or run on. Aim for 30 minutes of exercise three to five times per week.
- **Eat a Balanced Diet** Eat a diet rich in fruits, vegetables, whole grains and lean proteins to help you feel your best. Also try to consume foods that contain omega-3 fatty acids, such as salmon, walnuts and flaxseeds, which have positive effects on joint health. Avoid

foods high in sugars and saturated fats.

- **Take a Multivitamin** A multivitamin provides a good base of essential vitamins and nutrients. Nature Made is currently the only major brand of multivitamins that contains 1,000 IU of vitamin D, the amount recommended by most health experts for bone, muscle and overall health. It comes in Nature Made Multi For Her 50+ or Multi For Him 50+.
- **Stay Hydrated** To keep joints lubricated and comfortable, consume at least 64 ounces of water daily. Alternatives include drinking green tea, low-fat milk and low-sugar juices.
- **Consume Calcium** According to data from the National Health and Nutrition Examination Survey (NHANES), eight out of 10 Americans do not meet their body's need for calcium. Consuming adequate amounts of milk, yogurt, cheese and other calcium-rich foods, as part of a healthful diet, is important to build strong bones and help prevent osteoporosis, especially in teen and young adult women. You may also want to consider taking a calcium supplement.
- **Consider a Glucosamine-Based Supplement** Recently, the

Centers for Disease Control estimated that by 2030, the number of U.S. adults with arthritis will increase substantially from 46 million to nearly 67 million. TripleFlex™ is a glucosamine-based product that safely works with the body naturally to provide comfort, mobility and flexibility to joints. For faster relief, it comes in Rapid Relief formula with white willow bark that can deliver joint comfort in as little as one week.

For more information on joint health, visit www.NatureMade.com.

There are many easy steps you can take to alleviate joint discomfort, a condition that affects one in five U.S. adults.

FPT

Q: Why don't sharks eat clowns?
A: Because they taste funny.

Q: Did you hear about the stupid tap dancer?
A: He fell in the sink!

SUDO-KID-U answers from last month

4	1	3	2	←01	4	2	1	3
3	2	1	4		3	1	2	4
1	4	2	3	02 →	1	4	3	2
2	3	4	1		2	3	4	1

Back Pain & Sciatica

Tri-Cities, TN – Back, hip, and leg pains caused by degenerated, arthritic, bulging and herniated disc have confounded the medical community for years. Although medications, injections, physical therapy, traction and surgery can possibly give patients relief, it is usually temporary. Nine out of ten patients experienced the pain again within a relatively short amount of time after treatments. Now there is a back pain guide that you can receive for free entitled, **"The Severe Back, Sciatica, And Disc Pain Guide"** that helps to explain why conventional treatments often fail while revealing a relatively new surgery-free, non-invasive technology designed to treat severe low back, buttock and leg pain along with herniated and slipped discs.

To receive the guide free, call **1-888-851-5755** (Toll-free 24 Hour message) or go to: www.avoidlowbacksurgery.com.



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- 3) Click on "It's simple to order a business card ad online. Just click **HERE**"
- 4) Follow the directions
- 5) See your ad in next month's issue.

Family Pastime Magazine

is a great way to put your message in front of Families, Parents, Grandparents and Children.



Hold The Phone By: Georgia Teich

Tempted to throw your old cell phone away? Not so fast; recycle it:

growing threat to our environment. According to Consumer Reports, there are an estimated 130 million retired cell phones in the United States... More will be added this year. These devices may leak Lead, Mercury, Cadmium, Arsenic and other toxic substances into the water supply. Municipalities often incinerate their waste, instantly putting these toxic elements into the air and they return to

Electronic cell phones are a popular holiday gift, what do you do with the old one? Please do not just throw it into the trash. Mobile phones and other mobile devices (pagers, PDA'S etc.) present a

earth in rain wastewater. Many of the leading cell phone companies have programs where customers can turn in their phones plus chargers and PDA's – to be recycled and reused with funds going to charitable organizations. You can recycle

your Mobile Devices online through CollectiveGood (www.collectivegood.com) which offers donators the opportunity to choose the charity they wish to help, you can choose by type or by region (including Tennessee) when you send in your phone. CollectiveGood also has a program in conjunction with Staples. You can bring your phone into any Staples store in the US with proceeds going to help the Sierra Club. So before you throw that old electronic device away consider other options which will help the earth as well as charitable organizations. **FPT**

MESSAGE

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

To. **Business Owners**

WHILE YOU WERE OUT

Customers were looking for you

From **Family Pastime Magazine**

TELEPHONE. **423-676-4323**

Telephoned	✓	Please Call	✓
Reaches your potential customers	✓	Has great rates	✓
Wants to see you	✓	Has an opportunity for you	✓

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

Operator. *Chris Joker* URGENT

Q: What do you call a snowman in the rain forest?
A: A puddle!

Q: Were you long in the hospital?
A: No, I was the same size that I am now!

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