

JANUARY 2009

FREE



THE magazine for the **WHOLE** family

Volume 4 Issue 6



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Operator. *Chris Joker* . . . . . URGENT

**JANUARY WEEKLY OBSERVANCES**

- Celebration of Life Week: 1-7
- Diet Resolution Week: 1-7
- Silent Record Week: 1-7
- Someday We'll Laugh About This Week: 2-5
- Dakar Rally 2009: 3-18
- New Year's Resolutions Week: 4-10
- Home Office Safety and Security Week: 5-9
- Women's Self Empowerment Week: 5-11
- Elvis Presley Week: 8-11
- Consumer Electronics Show: 8-11
- Letter Writing Week: 8-14
- Cuckoo Dancing Week: 11-17
- Printing Week: 11-17
- Kid Film Week: 12-25
- National Soccer Coaches Week: 14-18
- National No Tillage Week: 14-17
- Slam Dance Week: 15-28
- Sundance Film Festival: 15-25
- Healthy Weight Week: 18-24
- Hunt For Happiness Week: 18-24
- Activity Professional Week: 18-23
- Fresh Squeezed Juice Week: 18-23
- Medical Group Practice Week: 19-23
- No Name Calling Week: 21-25
- Nurse Anesthetists Week: 25-31
- Take Back Your Time Week: 26-30
- National Cowboy Poetry Gathering Week: 24-31
- Catholic Schools Week: 25-31



THE magazine for the WHOLE family

Editor: Chris Joker  
 Publisher: Family Media Group LLC  
 Graphic Design and Magazine layout:  
 RenderForge ([www.renderforge.com](http://www.renderforge.com))  
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 Or mail them to:

**Family Pastime Magazine**  
 P.O. Box 3161  
 Johnson City, TN 37602

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**JANUARY MONTHLY OBSERVANCES**

- Book Blitz Month
- Birth Defects Month
- California Dried Plum Digestive Month
- Celebration of Life Month
- Cervical Cancer Screening Month
- Family Fit Lifestyle Month
- Financial Wellness Month
- Get Organized Month
- Change Your Stars Month
- International Creativity Month
- New Year's Resolutions Month for Businesses
- Quality of Life Month
- International Wayfinding Month
- Wealth Mentality Month
- National Be On-Purpose Month
- Clean Up Your Computer Month
- National Get Organized Month
- National Glaucoma Awareness Month
- National Hot Tea Month
- Lose Weight, Feel Great Month
- National Mail Order Gardening Month
- National Mentoring Month
- Personal Self-Defense Awareness Month
- Poverty in America Awareness Month
- National Radon Action Month
- National Skating Month
- National Volunteer Blood Donor Month
- Oatmeal Month
- Thyroid Awareness Month

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

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

**Last month's Medium answer**

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

**SUDO-KID-U Of Last month's Answer**

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

**Instructions:**

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

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## Make Your New Year's Financial Resolutions

risk tolerance, family situation and time horizon.

- **Increase your 401(k) contributions.** Even though you might not have enjoyed looking at your 401(k) statements during 2008, it's still a good idea to boost your contributions for 2009. Why? For one thing, you typically invest pre-tax dollars in your 401(k), so the more you put in, the lower your annual taxable income. And your earnings grow on a tax-deferred basis, which means your money can grow faster than it would if placed in an account on which you paid taxes every year. Furthermore, you can adjust your investment mix to reflect changes in your risk tolerance and your proximity to retirement.
- **Build an emergency fund.** It's a good idea to build an emergency fund containing six to 12 months' worth of living expenses, held in a liquid account. If you face an unexpected expense — such as a major medical bill or a costly car repair — you don't want to be forced into cashing out any stocks, especially if their price happens to be down.
- **Diversify, diversify, diversify.** In 2008, we witnessed something that's unusual, though not unheard of: a bad year for stocks and bonds. In the past, it's it has more often been the case that

when stocks are up, bonds are down, and vice versa.

That's why diversification makes so much sense:

By spreading your dollars among an array of stocks, bonds, government securities, certificates of deposit and other investments, you can help reduce the impact of a downturn that primarily affects just one type of asset. Of course, diversification, by itself, cannot guarantee a profit or protect against a loss, but if you aren't diversified at all, you are inviting significant risk into your investment portfolio.

- **Stick with quality.** During turbulent times, quality investments are your best bet for "weathering the storm." If you're buying stocks, look for those companies that have long track records of profitability, strong management teams, competitive products and solid business plans. If you're considering bonds, find the ones that have received the highest ratings from the independent rating agencies.

**F**inally, be patient, disciplined and forward-looking. The investment world has taken some knocks lately, but good investment opportunities are still out there. **FPT**

*Provided By: Lindsey Wortman Edward Jones Investment Representative*

**I**f you're like many people, you've made some New Year's resolutions. Perhaps you've vowed to go the gym more often, or learn a new language or reconnect with long-lost friends. All these are worthy goals, of course, but at the same time, you don't want to neglect one of the most important areas of your life — your finances. So this year, why not make some financial resolutions?

**H**ere are a few to consider:

- **Stay calm.** As you're well aware, 2008 was not exactly a stellar year for the stock market. What will 2009 bring? No one can say for sure, but it seems likely that we are in for some volatility in the months ahead as we slog our way through the recession. As an investor, your best move is to stay calm and remain focused on your long-term goals. Review your financial strategy to make sure it's still appropriate for your

## 20 Healthy New Year's Resolutions For Children

### Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs — even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

### Children, 5- to 12-years-old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.

- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other children. I'll be friendly to children who need friends — like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

### Children, 13-years-old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day — at the most — on these activities.
- I will help

out in my community — through volunteering, working with community groups or by joining a group that helps people in need.

- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- I will resist peer pressure to try drugs and alcohol.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them. **FPT**

*Courtesy of the American Academy of Pediatrics*



### Holston Home for Children

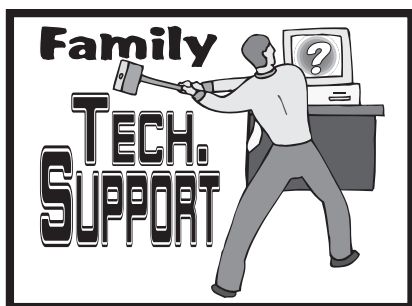
is seeking foster parents to join us in providing hope & healing for teenagers and sibling groups!

Holston Home provides free training, 24/7 on call support, and compensation on average of \$1000 per month per youth depending on the youth's needs. For more information contact Amy at (423)952-2290 or [www.holstonhome.org](http://www.holstonhome.org).

Pearl: When the clock struck 12 on New Year's Eve, I said to myself, "Pearl, everything is coming your way!"

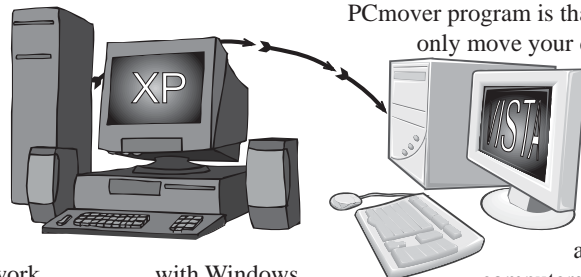
Earl: That's a great way to start the New Year! What did you do after that?

Pearl: I quickly pulled into the correct lane!



# Transfer Files from XP to Vista

By: Chris Joker



of ways. You can use an Easy Transfer Cable An Easy Transfer Cable is a special USB cable that is designed to work with Windows Easy Transfer by creating a direct link between your old PC and your new PC. The drawback to this method is that it totally removes the "FREE" from the free method. A cable costs around \$40.00 (if you are considering buying this cable I recommend you use the paid process discussed below instead). If you want to keep the "FREE" in this method you can also transfer your data using a home or small business network, if you have one set up. You can also use an external hard drive (this is the one I did). With this one you use WET to copy your data to the external drive and then connect the drive to the new computer to transfer it over. If you have an external drive already this works great, if you don't the bonus of purchasing one for this reason is after you set up you new computer you can use this external drive to back up your important files or even image you operating system so that when (yes I said when) the operating system on the computer gets messed up, you can easily restore it. Finally you can also use your PC's CD or DVD burner to transfer your data. This solution is not ideal because it may take a bunch or disks and a bunch of time but may work well if you're moving only a small amount of data. That is the "FREE" method.

There are several paid methods but the one we will be looking at is a program called Laplink PCmover (www.laplink.com). At this writing they are offering a special that includes a free transfer cable with purchase of the program (\$69.95 + shipping from laplink or I also found it for \$39.99 with free shipping at newegg.com just put pcmover in the search field) Be sure to order the physical disk mailed to you (not a download) if you want to get the free transfer cable). The nice thing about the

PCmover program is that it claims it will not only move your data and setting but all you software as well so you will not have to re-install it from the disks (assuming you still have the disks). This program also compares the two computers to determine which programs, files and settings need to be moved. It works with Windows 95 through Windows Vista. You can also choose which programs and setting you want to move. In addition to the Laplink cable you can also use a parallel cable (VERY slow), network, external drive, WET cable or any removable media (CD, DVD, Jump drive etc.). I have not actually tried this program but the reviews I have read are good. It is definitely easier and more complete than the "FREE" method. I will say though that I did send an e-mail to the company to ask them a question and still have not heard back. I do not know if the e-mail just slipped through the cracks or what but you might want to know that before you make your decision. I have also found a couple of other options for data transfer programs which you may want to compare while making your decision (IntelliMover available at: www.whitecanyon.com and Easy PC Transfer available at: www.migosoftware.com). **FPT**

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

Maybe you got a new computer for Christmas or are planning on buying one this year. You may be reluctant thinking of the daunting task of moving all your files and settings to the new computer. Not to worry, there are several ways to accomplish this task. We will discuss a free method and a purchased method. Before you start either method, as a precaution, be sure you have a recovery disk for your new computer. If it did not ship with one you may be able to create one on the new computer or order one from the manufacturer. Check the included documentation for the best method. I would also suggest setting a restore point on both computers (July '08 issue of Family Pastime, online at familypastime.com) and making a back up of all your data.

First the Free method:

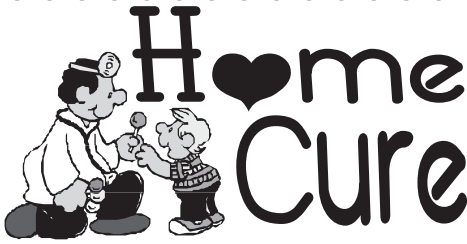
The free method (this is the one I just used) is called Windows Easy Transfer (WET). It should already be loaded on you new machine. You may need to download and install it on your old computer. WET helps you move the files and settings stored on your PC running Windows 2000, Windows XP, or even Windows Vista to a new PC running Windows Vista. This free method will NOT move program files over to your new computer so you will have to be sure to have the disks to re-install your software. WET will transfer over all your files and user settings things like:

- User accounts
- Files and folders
- E-mail messages, settings, and contacts
- Photos, music, and videos
- Windows settings
- Program data files and settings
- Internet settings

You can transfer data using (WET) in a number

### Last month's HARD answer

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



**L**actose intolerance is the inability to metabolize lactose, a sugar found in milk and other dairy products, because the required enzyme lactase is absent in the intestinal system or its availability is lowered. It is estimated that 75% of adults worldwide show some decrease in lactase activity during adulthood. If lactose is not absorbed properly, it ferments and this results in abdominal pain, a bloated stomach and diarrhea. Foods that contain lactose include: Chocolate, Bread and other baked goods, Milk, butter, margarine, fermented milk products, Cheese, Ice cream.

**H**ome cures for lactose intolerance include:

**D**ecrease the amount of milk and dairy products you eat until your symptoms go away. Remember that if milk is your main source of calcium and you cut back on milk you will need to supplement it in a different way.

**N**ever drink milk alone. Some people find their symptoms disappear if they take their dairy products with meals

## Lactose Intolerance

**I**noculate yourself. It may be worth trying to take just a small amount of milk products each day, gradually increasing the dose to build up your tolerance but be sure to back off if your symptoms reappear.

**E**at yogurt instead. The organisms that make yogurt, yogurt also produce lactase to digest the lactose contained in yogurt also the bacteria themselves also probably break down the lactose in the milk. Unfortunately if you want to choose frozen yogurt to satisfy your ice cream desire this probably won't work because yogurt is made from pasteurized milk but sometimes manufacturers re-pasteurize the yogurt before they freeze it which kills the beneficial organisms that produce lactase. So try to find yogurt that has not been re-pasteurized it may be labeled with the words "active yogurt cultures," "living yogurt cultures," or "contains active cultures."

**C**hoose nonfat yogurt. Yogurt with fat in it sits in the stomach for a longer time which means stomach acid may have more of a chance to kill the organisms.

**E**at yogurt before ice cream. If you eat yogurt 5 to 15 minutes before you eat ice cream (or other dairy products), symptoms of lactose-intolerance may be less.



**T**ry buttermilk. Buttermilk should be more much tolerable. Despite its name, buttermilk has less fat and less cholesterol than even 2 percent milk.

**F**oods with less lactose, such as Swiss or cheddar cheese, may not cause problems. If you are not sure whether a milk product causes symptoms, try a small amount and wait to see how you feel before you eat or drink more.

**S**pread milk or milk products throughout the day. Many people who are lactose-intolerant find it helpful to eat small amounts of lactose-containing products throughout the day instead of larger amounts all at once.

**E**at or drink milk and milk products that have reduced lactose. In most grocery stores, you can buy milk with reduced lactose. Some people like buying this kind of milk and find that it helps their symptoms.

**S**ubstitute soy milk and soy cheese for milk and milk products.

**U**se lactase products. Lactase products are dietary supplements that help you digest lactose. There are many different brands of lactase products. Some are pills that you chew (such as LactAid) before you eat or drink milk products. Others are liquids that you can add to milk 24 hours before you drink it. Because products and brands are different, you may want to try a few to see which ones work best for you. **FPT**

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



## Raining Cats And Dogs

### Say WHAT???

By: Family Pastime Staff

**Meaning:** A very hard rain.

**Example:** We decided to cancel our trip, it was raining cats and dogs that day.

**Origin:** This phrase goes back many hundreds of years and has many theories as to the origination some of those theories include: In the Dark Ages the cat was thought by sailors to have a lot to do with storms. Witches that were believed to ride in the storms were often pictured as black cats. Another idea is

that when the bubonic plague was rampant in London, humans were apparently not the only victims of the plague. Cats and dogs were also afflicted, many died in the streets. After a particularly hard rain, street gutters could be awash with them. One theory suggests that thunder and lightning represent a cat and dog fight. Yet another traces the origin of the phrase to ideas in ancient mythology that cats could influence the weather, and that dogs were a symbol of the wind. Yet another theory states that because dogs and wolves were symbols of winds and the Norse storm god Odin was frequently shown surrounded by

dogs and wolves. In the phrase "raining cats and dogs", cats symbolize the rain and dogs represent

the wind of the storm. A colorful and highly unlikely theory states that "In the 1500s houses had thatched roofs made of nothing but thick straw, piled high, with no wood underneath. They were the only place for little animals to get warm. So all the pets; dogs, cats and other small animals, mice, rats, bugs, all lived in the roof. When it rained it became slippery so sometimes the animals would slip and fall off the roof. Thus the saying, "it's raining cats and dogs." **FPT**



THERE'S NO PLACE LIKE HOME SCHOOL

# Goal Setting For Homeschoolers

As the New Year bustles toward us, homeschool families all across America are making goals and resolutions for 2009. It is a time of reflection, and thought on the year that is coming to an end, what worked and what did not. What happened in 2008 in your lives and homeschools? What are you planning in 2009?

Each new year is a perfect time to evaluate, as we close the first semester, and open the second one along with the new year! You can change curriculum if things aren't working, switch books, or introduce something new to spice up the year.

If you are like us, 2008 was a year of change and difficulty. 2009 seems alive with the promise of a fresh year full of new possibilities, new life, and new days on a crisp, clean calendar!

In our home, each year we like to have a theme that we are working on! This is usually a character trait that we want to work on in our children, and as we all know, with homeschooling, you end up working on that character trait in yourself as well!

**2009** is going to be the year of Sweet Discipline in our lives. From the food we eat, to moving more (exercise), Bible study to homeschool, reading more great books and visiting more historical places, paying off debt and working on The Prudent Wife website (a huge school project), all require more concerted, and disciplined effort in 2009! Discipline is going to be the root of all we do!

What theme would work for your family this

year? Is there a character issue you have been wanting to work through with your children and haven't attacked it yet? Try it this year, and weave it through all you do! You will be amazed at how character goals can be cemented in using this simple, targeted method.

Where there is no vision, the people perish: but he that keeps the law, happy is he. Proverbs 29:18 What is the Lord's vision in your life this year?

How are you doing on your goal setting for 2009? How are your children doing?

For now, we are writing our goals out. My daughter has a notebook with a different page for each month. I am using my Daytimer and hubby will write his on the computer and print them out.

Studies show that when goal setting, 97% of us do not write our goals down. Which means only 3% do write their goals down. The ones who write their goals down have a much higher success rate of reaching those goals. If you aim at nothing, you will hit it every time. We hear these things, we know these things, yet some times it seems so stale to write out goals as a new year begins. The media loves to tell us about resolutions and how quickly we will fail at them.

This year, we are making our goals high impact, front and center by writing them on foam boards and keeping them easily visible for motivation. We are going to make it a fun project, breaking each large goal into smaller steps. Breaking down goals into quantifiable chunks with specific steps and smaller goals leading toward the larger goals helps one succeed. We can track progress monthly, quarterly and yearly. There is nothing as motivating as actually seeing yourself hit

your target goals in small steps, climbing that disciplined ladder to success.

If you don't have some spare foam boards, maybe you have some poster board on which you and the children can write your goals. Perhaps tucking them into a journal is the better option for you, or writing them on your calendar or planner. Either way, break them down and see how much easier they are to achieve. Celebrate when anyone hits the little goals, and when you hit the big ones!

We all want to live life purposefully, with a plan, a direction, a vision moving toward goals. Let 2009 be the year that your goals propel you to action and a terrific homeschool year! **FPT**

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

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How can you make seven even?  
 Take out the letter s!  
 Q: What color is a burp?  
 A: "Burple"

**SUDO-KID-U 1**  
 Instructions: On page 3

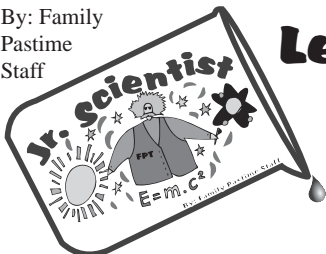
			4
3	2		
2			

**SUDO-KID-U 2**

			2
1			
		3	
	3		

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

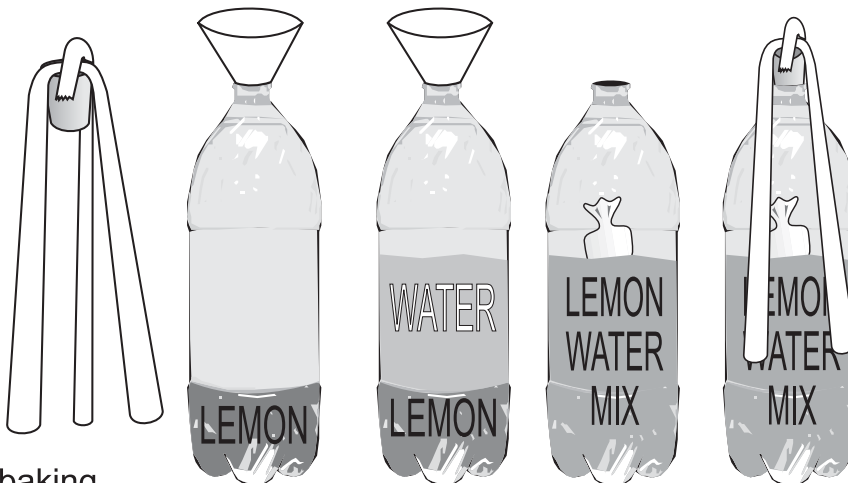
By: Family Pastime Staff



# Lemon Juice Rockets

## Why does this work?

As the water and lemon juice (an acid) soak through the toilet paper, the baking soda (a base) reacts to produce carbon dioxide. Carbon dioxide is a gas. As more gas forms, pressure builds up inside the bottle the pressure tries to find the area of least resistance, which is the cork so the pressure escaping causes the cork to shoot out of the bottle. **FPT**



### SUPPLIES:

- An empty, 16 ounce, plastic drink bottle
- A cork which will tightly fit the drink bottle. If the cork does not fit tightly enough, try wrapping tape around it
- Paper towels
- Toilet paper
- Lemon juice
- Baking soda
- Water
- Scissors
- Funnel
- Safety glasses (to make your own click on "Homemade Safety Goggles" on the "How To" section of familypastime.com)



4. Cut a small square out of toilet paper
5. Put about a teaspoon of baking soda in the middle of the square
6. Fold in the sides to make a little packet.
7. Put the funnel into the opening of the bottle.
8. Pour a half inch of lemon juice into the bottle
9. Add water to the bottle until it is a little less than half-way full.
10. Put on your safety glasses.
11. Drop the baking soda packet into the soda bottle
12. Quickly cork the bottle
13. Shake the bottle, and stand back for lift off.

### HOW TO:

1. You should do all of this OUTSIDE.
2. Tear paper towels into strips
3. Attach them to the cork with tape to

## SUDOKU EASY

Instructions: On page 3

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

## SUDOKU REALLY HARD

Instructions: On page 3

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

Wanna hear a construction joke?  
Sorry, I'm still working on it.

## Family Crypto-Time

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



BTQMD SC KDLG BTQ'AL PRRTKIJ MT CMPB QH  
RPML TG GLK BLPA'C LOL. XSJJRL PZI SC  
KDLG BTQ'AL ITAYLJ MT. ~ Bill Vaughan

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



# Kid Care

Brought to you by:



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

## Healthy Weight

BY: Lori Hamilton

There was a time not very long ago when it was unusual to see a child in the hospital diagnosed with Type 2 Diabetes. This disease was generally associated with adults, and often due to weight issues. But recent years have seen changing and alarming trends as more and more children, sometimes younger than 12, are diagnosed with this form of diabetes, which should not be confused with Type 1, or Juvenile Diabetes.

The trend can be directly linked to increasingly poor diet choices and a lack of exercise for the child.

While weight is a concerning issues, it is also important not to overemphasis being thin to a young child, as eating disorders bring with them another host of issues. So, what is a parent to do?

The first step is to use common sense. Children grow at different rates and at different times, so beware of becoming an alarmist if you child sudden weighs more than classmates or children of a similar age. When you have concerns, ask your pediatrician or a Registered Dietician for additional advice on your child's particular case. He or She can go beyond simple weight and height charts and focus more on the Centers for Disease Control Growth Chart, which takes account of different body types. He/She can also then help you craft a plan of action to fit both your child's needs and your lifestyles.

Simply putting your child on a diet is not the answer, and could actually cause additional problems. Unhealthy diets can raise health risks and making some foods taboo can lead to either eating disorders or actually make your child crave them more. **FPT**

Lori Hamilton is a Registered Nurse and Mountain States Health Alliance Director of the Health Resources Center.



### Nutrition for your Child: Ten Steps to a Healthy Weight

**1** Limit time spent in sedentary activities, including television, videos, electronic games and computer play. Kids already spend a significant portion of their day sitting down during the school day.



**2** Encourage your child to be involved in active play at least one hour a day. You will notice better behavior, too, when your child is allowed to "spend his energy."

**3** Be an advocate for daily physical activity at school. Encourage school personnel to promote active play at recess and daily physical education classes, if possible. Kids who can release energy through activity perform better in the classroom.

**4** Does your kitchen need an overhaul? Take a close look at pantry shelves, cupboards, the refrigerator and freezer. What are the first foods you see? Are you tempted by high calorie, low nutrition "snack" foods or are there plenty of nutritious choices? Can you look around your kitchen and easily find the ingredients for four or five healthful meals? After you do this visual inventory, make a list of staple ingredients needed to stock a healthful kitchen.

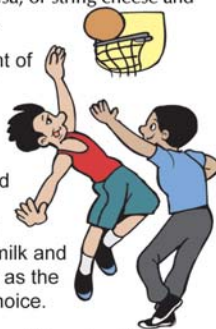
**5** "Merchandise" healthy food choices. What you see is what you will eat. Set out a big bowl of fruit or cut-up veggies, display finger sandwiches and low-fat yogurt in a visible place in the refrigerator and stock the snack cupboard with whole-grain crackers, air-popped popcorn and pretzels.

**6** Plan weekly menus. It may sound boring but putting a little thought and planning into mealtime generally yields big health (and economic) advantages.

**7** Make better choices when eating out. Many of the major restaurant chains publish nutrition information about their menu items. Either ask for a nutrition brochure or access the information online. (In most cases, simply type in www.restaurantname.com and you will be directed to the restaurant's website).

**8** Tempt hungry kids with healthy snacks. Kids often have extra large appetites after school, before bed or following sports practice. Be sure to set out nutritious "grab foods" such as cut-up veggies and fruit, baked tortilla chips with bean dip and salsa, or string cheese and whole-grain crackers.

**9** Limit the amount of "liquid calories" available such as soda pop, fruit drinks and other sweetened beverages. Encourage kids to drink water, milk and 100% fruit juice as the beverages of choice.



**10** Resist the temptation of making every activity an eating activity. Food is available virtually everywhere you go these days, whether it's a sporting event, movie or a trip to the gas station! Eat before you go or pack your own healthy snacks.

#### #1 Tip for Parents:

Kids are watching you! By role modeling positive nutrition and activity habits, you are sure to improve your family's health.



## Include Your Pets In Your New Year's Resolutions

By: Soumitro Sen

so that you develop a good idea about their health and build a relationship with your veterinarian.

3. Give them a diet suited to their age and medical condition. Pets kept at their ideal body weight live longer. Look for foods designed for different stages of life and medical conditions.
4. Give them medicines regularly to prevent heartworm and fleas.
5. Groom them at home, especially the minor grooming procedures, because it causes less stress.
6. Exercise and play with them more often, each day if possible.
7. Ask your veterinarian or seek expert advice on behavior problems. A basic



training class might be useful, especially for a new puppy.

8. Socialize pets with other animals and people by enrolling them in a dog park, an agility/training class or socialization classes.
9. Donate time, effort or resources to a local animal welfare group.
10. If your pet is especially social, patient and people-oriented, consider certifying it as a therapy animal. Studies have confirmed that pets increase a person's life span, help speed recovery in case of young and old patients, and are a great moral booster to people in various psychiatric and medical programs.

As you draw up a list of your New Year's resolutions, keep your pets in mind, says Lorraine Corriveau, a wellness veterinarian at Purdue University's School of Veterinary Medicine.

Here's her top 10 list of New Year's resolution for pets:

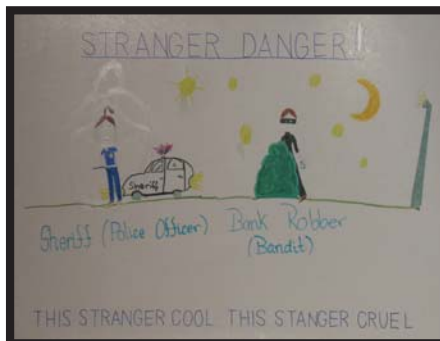
1. Spay or neuter your pets, adding more years to their lives and improving their behavior.
2. Provide them age-appropriate health care

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Stranger Danger Poster Contest Winners From Cherokee Elementary School

Q: What do you get when you put a candle in a suit of armor?  
 A: A "Knight light"

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## Kids Compete To Become "Baker Of The Year"

**L**(NAPS)—A popular recipe contest adds a new ingredient to the mix by inviting kids and their baking "sous chef" parents (grandparents, aunts or uncles) to take part.



**T**he contest centers on recipes that can be made in Hasbro's Easy-Bake Oven, which has given many kids their first baking experience. The 2009 "Baker of the Year" contest celebrates 45 years of making sweet memories in the classic side-loading lightbulb oven.

**T**o enter the contest, children ages 8 through 12, along with their "sous chef," are invited to log on to [www.easybake.com](http://www.easybake.com) and submit their favorite original recipes, using one or more Easy-Bake mixes. In addition to submitting a copy of their

recipe, entrants must upload a photo that features their creation, themselves and their "sous chef."

**T**hrough February 2009, one child-"sous chef" pair will be chosen each month as a finalist, for a total of seven finalists. In May, the seven pairs of finalists will be flown to Walt Disney World Resort in Orlando, Fla., where they will compete for the winning title.

**E**ach finalist

will be assisted in the kitchen throughout the competition by his or her "sous chef." Contest entries will be judged based on the criteria of creative use of ingredients, presentation, ease of preparation and taste.

**T**he grand prize-

winning pair will receive a culinary-inspired trip for four to San Francisco, where the group will visit local food-related sites and attractions. The six runners-up will each receive a \$500 gift card and a one-year supply of Easy-Bake mixes. All finalists will have their recipe and photo of their creation appear on the Web site.

**T**o honor its birthday, the oven will "cook up" a new look by bringing back its original aqua color.

**F**or more details on how you can enter the contest, visit [www.easybake.com](http://www.easybake.com). **FPT**

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## DOUBLE TAKE

Find at least 27 differences in the two pictures (answers are on the bottom...no peeking!!!)



Banner, Tie, Dress, Dog noise maker, Curtain rods, Shirt, Flower, Fish, Horn, Hair bow, Little girl fingers, Dad nose, Dog tongue, Dog hat spots, Orange drink, Pans pockets, Sunglasses, Shirt pocket, Bald head, Disco shirt, Fish, Horn, Hair bow, Little girl fingers, Dad nose, Dog tongue, Dog hat spots, Orange drink, Pans pockets, Sunglasses, Shirt pocket, Bald



## Reusable Bags By Michael Bloch

### Choosing a reusable bag

The worldwide annual consumption of disposable plastic bags is somewhere between 500 billion and a trillion - that works out to be around a million bags a minute.

According to Bags On The Run, a manufacturer of reusable bags, The crude oil needed to make 18 plastic bags could drive a car for a mile.

It's been encouraging to see some stores discontinuing disposable shopping bags of their own accord and some cities and states moving towards a disposable bag ban - but that leaves us with another challenge, in a world without disposable shopping bags; what type of reusable bag to buy.

We have some reusable bags made of plastic that weigh as much as a couple of dozen disposable plastic shopping bags and they don't seem to last all that long before looking decidedly ratty. I've often wondered if they are doing more harm than good.

While these are recyclable, I always try and remember that Recycle is last of the three R's of going green (Reduce, Reuse, Recycle) for good reason - it does take a substantial amount of energy to recycle. Also, I don't even know if the materials used were recycled or "new" plastic. Then there's cotton bags - and cotton takes vast amounts of water to grow. And what about hemp?

The following are various types of what are often referred to as "green" reusable bags and their pros and cons. I'm not recommending any particular solution, just providing the information.

### Polypropylene reusable bags

Polypropylene is a form of plastic

#### Advantages

- Can be recycled
- Strong and durable
- Can be made from recycled materials
- Chemical resistant
- Very cheap to produce

#### Disadvantages

- Low quality bags made from thin polypropylene do tend to wear out very quickly
- Polypropylene is made from oil. However, if the bag is made from recycled polypropylene, it is giving new life to what otherwise may have entered the waste stream

### Reusable jute bags

Jute is a plant fiber that can be spun into coarse, strong threads. It's often referred to as hessian in products, such as a hessian bag

#### Advantages

- Biodegradable
- One of the strongest natural fibers
- Relatively cheap to buy
- Durable
- Jute crops require little water

#### Disadvantages

- Not very resistant to moisture unless chemically treated
- Jute may be grown with the use of pesticides
- Most jute products are imported (travel miles = greenhouse gases)

### Reusable calico bags

Calico is a usually a cotton fabric that's unbleached and not fully processed

#### Advantages

- The lack of bleaching and processing makes it kinder to the environment as less chemicals are used
- The fabric relatively cheap to produce
- Cotton is very strong and durable

#### Disadvantages

- Not water resistant unless chemically treated
- Unless organically grown, cotton requires a huge amount of pesticide
- The growing of cotton is very water intensive

### Reusable cotton/canvas bags

#### Advantages

- Soft fabric
- Durable and strong

#### Disadvantages

- Unless the cotton is grown organically, high levels of pesticides are used
- Fully processed cotton required extensive additional treatment
- Cotton is a water intensive crop

### Reusable hemp bags

The word "hemp" tends to stir up all sorts of association with marijuana. However, in terms of textiles, industrial hemp is a different plant from the same family with very little of the hallucinogenic properties of its cousin. Learn more about hemp.

#### Advantages

- Incredibly strong, durable and rot resistant fiber
- The crop can grow in poor soils with little water

#### Disadvantages

- Can be quite expensive due to resistance on the part of governments to allow the crop to be grown domestically, purely due to incorrect associations with marijuana; so most hemp products in the western world are imported. Thankfully, this is slowly starting to change.

### General tips for choosing a reusable bag

As you can see from the above, just about all reusable bags have strong benefits, most similar, but usually a few disadvantages as well. After all, there is really nothing we do that doesn't have some sort of negative environmental impact.

Whatever your choice, look for quality as the more

*Please see "EZ Being Green" on page 18*

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CREATURE FEATURE

By: Georgia Tetch



BEAVERS

Beavers are primarily nocturnal (active

at night) and semi-aquatic (living or growing partly on land and partly in water) rodents. They are the second largest rodent in the world. They are builders of dams, canals and homes known as (beaver lodges). They have webbed hind feet, broad scaly tail, lustrous fur, and poor eyesight, but keen senses of hearing, smell and touch. Beavers continue to grow their entire life to a weight of 40 to 60 pounds. Beavers mate for life and both parents care for the baby beavers known as "kits". In the Springtime baby beavers are born in litters of one to four. The kits usually stay with their parents for 2 years. Beavers are very slow on land, but are good swimmers. They can stay under water for 15 minutes. They use their large webbed rear feet like fins



and their paddle shaped tail like a rudder and can swim 5 to 8 miles an hour. They have transparent eyelids that function like goggles and their fur is oily and waterproof. They do not hibernate, but store sticks and logs under water to feed on during the winter.

Beavers have powerful front teeth to cut trees and plants. The American Beavers eat water-lily which grows at the bottom of lakes and rivers. They like berries, apples and they gnaw on bark of birch, poplar and willow trees. The beaver pruning these trees stimulates re-growth and the trees come back bushier in the spring. They are known to send a danger signal by slapping the water with their broad tail thus sending a loud slap above and below the water warning other beavers in the area.

Beaver dams are created as protection against predators such as coyotes, wolves and bear. The dams provide easy access to food during the winter. They always work at night carrying mud and stones with their fore paws and timber between their teeth. They can create a series of dams along a river and if one is destroyed they can repair it overnight. In the late fall, the beaver will cover their lodge with fresh mud which hardens like stone. The underwater entrance makes it nearly impossible for any other animal to get in. The lodge has two dens, one for drying off and a drier one where the family lives.

The good and the not so good. The Beavers ability of change the landscape is second only to humans. The beaver is a true Tennessee water conservationist which has caused problem in some of the state's bottomland areas. It builds water tight dams of sticks and mud across streams and cone shape houses known as lodges. Beaver dams slow the flow of water in fast streams, changing the composition of life in the stream. Increased siltation (the process of becoming clogged with fine sediments) and flooding in low-lying areas are just a few of the problems associated with beaver dams. Beaver dams can, however, prevent erosion and purify the water in a stream. **FPT**

FATHER KNOWS BEST

By Chris Joker

Here we are on the precipice of a new year. This is the time we traditionally make our New Year's Resolutions. A New Year's Resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. Or as a famous anonymous person once said " A New Year's resolution is something that goes in one Year and out the other." Isn't that always the way it is? We have the best of intentions when we think about the things we want to change in the upcoming year but 'round about January 2nd or 3rd, we can hardly remember what we had resolved to do. I think a way to fix this problem and not only help remember what the resolution is but also help you keep it is to write it down and post it somewhere public or maybe even print it in a popular family publication. This way everyone will be able to see it and help you keep it. This year is going to be different for me I am going to

keep my New Year's resolution. This year I am truly going to work on the resolution of not procrastinating. Yes I am putting it in writing, declaring it to the world that in 2008 I will no longer put off until tomorrow what I can do today!

What you just read is NOT a typo. I actually started this column in December of 2007. So you can see how well THAT one worked for me. I tried. I found that many people struggle with issues of procrastination. I even contacted them about setting up a support group and we were going to do it we just kept putting off the meetings. Many wiser people than me, say any given kindergarten class, will tell you to break your tasks into smaller tasks so that they are more easily accomplished. To that end I decided to break my procrastination problem into smaller tasks. One of them is clutter. I then broke the clutter issue into a smaller task, I tried using the suggested process of creating four categories for my mail: recycle, throw out, file, and respond I modified it a little into recycle-later, throw out-later, file-later, and respond-later. As you can imagine this system did not really help much so I created a new 1 category system which I just called

"-later".

In 2008 I bought a book about how to stop procrastinating. O.K. I didn't actually BUY the book but I did think about it. I even broke the task of buying the book into smaller tasks and I not only completed the thinking about it task I also made it through the thinking about looking it up online task, that's progress, I think.

If you think about it procrastination is really at the heart of everyone's not realized New Year's resolutions. It's not that we do not WANT to lose weight or get in shape or eat healthier it's just that we want to put it off a little longer. So if we can't beat the procrastination monster we might as well not make resolutions. In fact I am going to put in writing for all the world to see MY NEW YEAR'S RESOLUTION FOR 2009 IS TO NOT MAKE ANY RESOLUTIONS FOR 2009!!!! There, this is ONE resolution that I will DEFINITELY be able to keep.....wait.....by making that resolution, I am breaking that resolution. See YOU CAN'T WIN! **FPT**

**Buffalo Chicken Pizza****SUPPLIES:**

- 2 LBS chicken tenders
- 1/3 C hot sauce
- 1/4 C chicken broth
- 2 thin crust Boboli (10 ounces each)
- 2/3 C reduced-fat blue cheese dressing
- 1 C shredded part skim mozzarella
- 4 celery ribs, cut into 2-inch pieces

**HOW TO:**

1. Pre-heat oven to 450.
2. Place chicken tenders in a large skillet and add cold water to cover.
3. Cover and bring to a boil.
4. Reduce heat to medium-low, simmer gently for 8 minutes or until chicken's internal temperature reaches 160.
5. Remove from skillet and slice into long strips.
6. In large bowl, mix together the hot sauce and broth.
7. Add the chicken strips and toss to coat with the broth mixture.
8. Place pizza crust on a baking sheet and spread with 1/3 C dressing.
9. Scatter half of the chicken over the dressing and half of the shredded mozzarella cheese.
10. Drizzle some of the broth mixture over top.
11. Repeat with remaining pizza crust, dressing, chicken and mozzarella.
12. Bake 450 for 10 minutes or until crusts are lightly browned and the cheese is bubbly.
13. Remove from oven and scatter celery over pizzas.
14. Serve with a tossed salad and extra hot sauce on the side.

**Hot Lemonade****SUPPLIES:**

- Boiling hot water
- Frozen lemonade concentrate
- Honey

**HOW TO:**

1. Fill a coffee mug with boiling hot water.
2. Scoop up a well-rounded soup spoon full of frozen lemonade concentrate.
3. Add to water; stir well.
4. Add honey to taste.

Why did the boy swallow  
three dollar bills?  
Because it was his lunch money

**Kid Friendly  
Recipes****Cheddar Cheese Soup****SUPPLIES:**

- 1/2 C unsalted butter, divided
- 3 small cleaned and finely chopped leeks, light green and white part only
- 1 Med carrot, peeled and finely chopped
- 2 med celery stalks, finely chopped
- 1/4 C all-purpose flour
- 4 C chicken stock
- 1 C half-and-half (or light cream)
- 1/2 lb. Sharp cheddar, shredded
- 1 tsp. dry mustard
- 1 tsp. Worcestershire sauce
- Salt and pepper
- Cayenne pepper to taste
- 1 Macintosh apple, peeled, cored and finely diced

**HOW TO:**

1. Melt 6 TBS of butter in a medium saucepan over medium heat.
2. Add the leeks, carrot and celery and sauté until tender or about 3 minutes.
3. Sprinkle the flour over the vegetables and stir for 3 minutes, making sure to cook the flour evenly.
4. Add the chicken stock slowly, whisking to evenly combine.
5. Bring to a boil over medium heat, reduce heat and simmer uncovered 40 minutes or until slightly thickened.
6. Puree the soup in a blender, food processor or with a handheld mixer. Strain into a clean saucepan. Bring to a simmer.
7. Add half-and-half, cheese, mustard and Worcestershire sauce.
8. Stir until the cheese is melted.
9. Season to taste with salt, pepper and cayenne pepper.
10. Melt remaining 2 tablespoons of butter in a small skillet.
11. Sauté the apple pieces until they start to turn brown, about 3 minutes.
12. Ladle soup into bowls and garnish each serving with a sprinkling of the sautéed apple.

Q: What do you need  
to open a door?  
A: A closed door.

**Stuffed French Toast****SUPPLIES:**

- 6 oz. softened cream cheese
- 3 TBS sugar
- 1/4 tsp cinnamon
- 8 slices sandwich bread
- 1 large egg
- 1 C cold water
- 1/2 C all-purpose flour
- 1 tsp vanilla extract
- 4 TBS unsalted butter
- Maple syrup for serving

**HOW TO:**

1. Combine cream cheese, sugar, and cinnamon in medium bowl.
2. Spread on 4 bread slices.
3. Top with remaining bread slices, pressing down gently, forming 4 sandwiches.
4. Combine egg, water, flour, and vanilla in shallow pie plate.
5. Melt 2 tablespoons butter in large nonstick skillet over medium heat.
6. Dip both sides of 2 sandwiches in batter and place in skillet.
7. Cook until deep golden brown on both sides, about 3 minutes per side.
8. Repeat with remaining butter and bread.
9. Cut into triangles and serve immediately with maple syrup.

**Crock Pot Meat Loaf****SUPPLIES:**

- 2 1/2 LBS ground beef
- 1/4 C ketchup
- 1 TBS brown sugar
- 1 egg
- 1 C breadcrumbs or crushed crackers
- 1 TBS Worcestershire sauce
- 1 small onion (diced)
- 1/4 C water

**HOW TO:**

1. Mix all ingredients in a large bowl.
2. Form into a meatloaf shape that will fit into your crock pot.
3. Cut a strip of foil long enough to cover the bottom and sides of meatloaf and place in crock pot.
4. Place meat loaf on foil in crock pot
5. Top with additional 2 TBS ketchup.
6. Cover and cook on low for approximately 8 hours.

Q: Why did Super man wrap  
himself in bread?  
A: Because he wanted to make a  
hero sandwich!



# Fun Family Events JANUARY



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

- 1. New Years Day,** Mummer's Parade, Rose Bowl Game, Saint Basil's Day, Tournament of Roses Parade Day, Z Day
- 2. Happy Mew Year for Cats Day, 55-MPH Speed Limit Day**
- 3. Fruittcake Toss Day, National Chocolate Covered Cherry Day**
- 4. Dimpled Chad Day, Pop Music Chart Day, Trivia Day, World Braille Day, World Hypnotism Day**
- 5. Bird Day, Thank God It's Monday Day**
- 6. Three Kings Day**  
**Hands On, 3:45 - 5:15 - Dinomania\* Ages 7-10, \$5 per person**
- 7. Harlem Globetrotter's Day, I'm Not Going To Take It Anymore Day, International Programmers' Day**
- 8. English Toffee Day, Midwife's, National Joy Germ Day, Show and Tell at Work Day**
- 9.**
- 10. National Cut Your Energy Costs Day, Positively Penguins Day, United Nations Day**  
**Hands On 11:00 - 3:00** Bay's Mountain Park will join the museum to teach us about some amazing large birds  
**Sycamore Shoals 1 pm - 3 pm** Learn to Play the Fife Instructor (theatre) Cost: \$15 Limit
- 11. Stephen Foster Day**  
**Johnson City, Freedom Hall 24th Annual Tri-cities Bridal fair 12:00 PM**  
**Sycamore Shoals 1:30 pm - 4 pm** Watercolor Paint \$12 (plus supplies) or \$20 (includes supplies)
- 12. National Clean Off Your Desk Day, Organize Your Home Day**  
**Sycamore Shoals Sweater Knitting 9 am - 1 pm** Cost: \$25 per class or \$80 for four (plus

- supplies)
- 13. Hands On Tuesday 3:45-5-00 - Knitting Workshop\* Ages 8-adult, \$15 per person**  
**Johnson City Freedom Hall Sesame Street Live 7:30**  
**Sycamore Shoals Calligraphy Instructor 2 pm - 3 pm \$7.00 per session**
- 14. Ratification Day**  
**Hands On 9:30-11:00 - Dinomania\* Ages 4-6, \$5 per person**  
**Johnson City Freedom Hall Sesame Street Live 10:30, 4:00, 7:30**
- 15. Get to Know Your Customers Day, Humanitarian Day**
- 16. Appreciate A Dragon Day, Bald Eagle Appreciation Day, Nothing Day**
- 17. Kid Inventors' Day, Customer Service Day, Hot Heads Chili Days, 1 Judgment Day**  
**Sycamore Shoals Beginners Drawing 10 am - 1 pm \$25.00**
- 18. Do Dah Parade Day, Pooh (Winnie The) Day, World Religion Day**
- 19. Martin Luther King Day**  
**Hands On Martin Luther King, Jr. Day - MUSEUM WILL BE OPEN 9:00 - 5:00 \$2 off any admission**  
Return of the Dinosaurs Exhibit Closes!
- 20. Inauguration Day, Camcorder Day, National Disc Jockey Day, Rid The World of Fad Diets and Gimmicks Day**  
**Hands On Tuesday, 3:45-5-00 - Knitting Workshop\* Ages 8-adult, \$15 per person**
- 21. National Hugging Day**
- 22. Answer Your Cats Questions Day, Celebration of Life Day**  
**Hands On 5:30-7:30pm- Basics of Checking\* Learn how to open, maintain and balance your checking account. Ages 4-11, free**

- Sycamore Shoals Scrap Booking 10:00 am - 3:00 pm** each session no charge for instruction
- 23. National Handwriting Day, National Pie Day, Snowplow Mailbox Hockey Day**
- 24. Belly Laugh Day, National Compliment Day**  
**Sycamore Shoals Watercolor Paint Instructor 10 am-1 pm \$12 (plus supplies) or \$20 (includes supplies), Beginning Knitting 11 am - 3 pm Cost: \$25 (plus supplies)**
- 25. Macintosh Computer Day, A Room of One's Own Day**  
**Sycamore Shoals 1 pm - 4 pm \$25 (plus supplies)**
- 26. Chinese New Year, National Peanut Brittle Day, Better Business Communication Day, Bubble Wrap Appreciation Day**
- 27. National Speak Up and Succeed Day, Thomas Crapper Day, Viet Nam Peace Day**  
**Hands On Tuesday, 3:45-5-00 - Knitting Workshop\* Ages 8-adult, \$15 per person**  
**Sycamore Shoals Calligraphy Instructor 2 pm - 3 pm \$7.00**
- 28.**
- 29. Freethinkers Day, Thomas Paine Day**  
**Hands On 5:30-7:30pm- Basics of Savings\* Learn about types of savings accounts, saving vs. investing, and saving for a rainy day. Ages 4-11, free**
- 30. Fun at Work Day, Inane Answering Message Day**
- 31. Inspire Your Heart with Art Day, National Seed Swap Day**  
**Sycamore Shoals Rag Rug / Rag Basket 10 am - 3 pm \$25**



## Family Crypto-Time Last month's answer

**"Christmas is a race to see which gives out first - Your money or your feet!"**  
 ~Unknown

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ  
 Cipher: RELHCTPIBXNQJFWKYGZ OAMDUSV

**SUDO-KID-U**  
**02**  
answers from last month

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

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

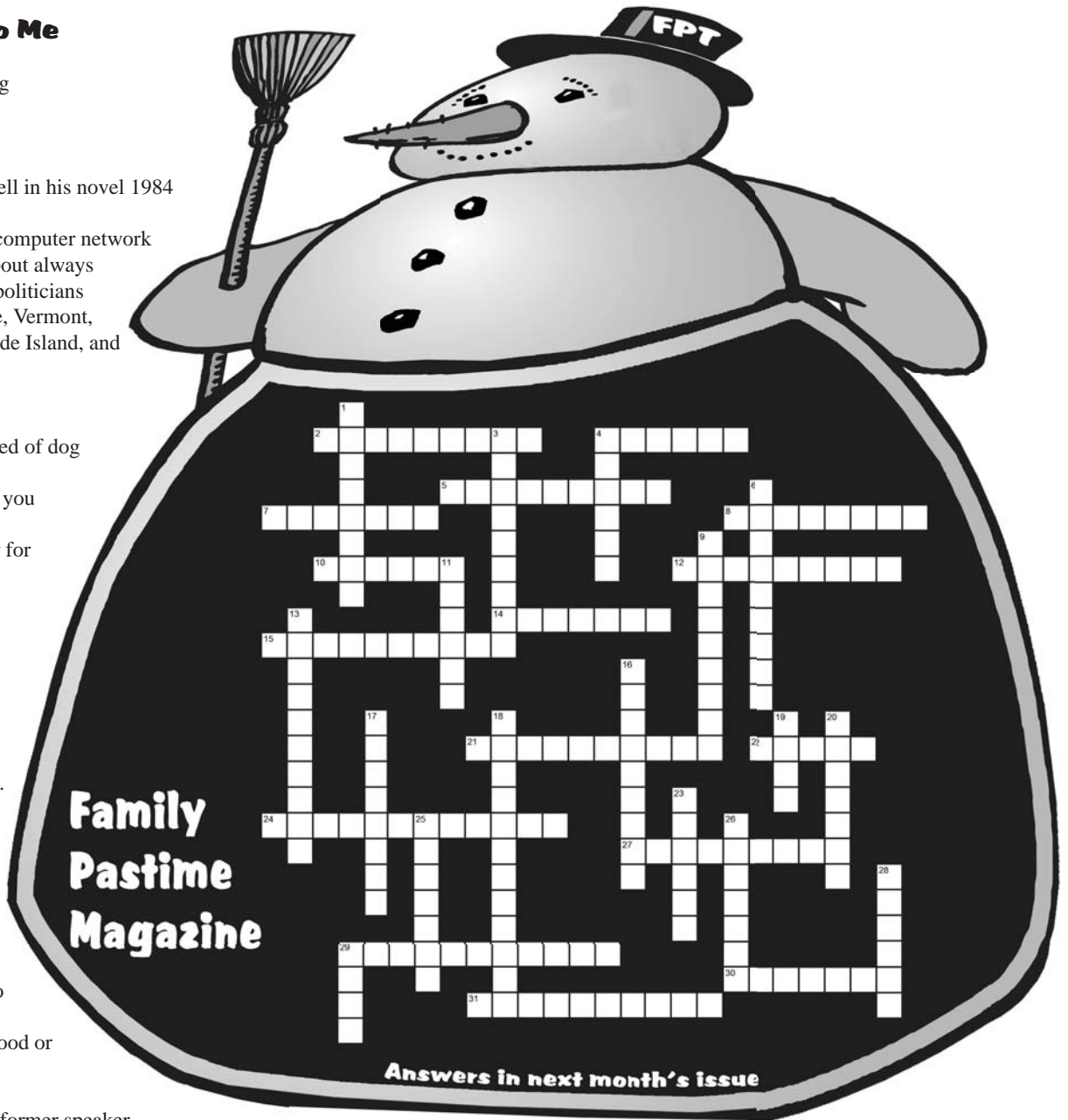
**It's All "NEW" To Me**

**Across**

- 2. A journalist but not a dog
- 4. Up to the minute
- 5. Bulletin
- 7. Empire State
- 8. Created by George Orwell in his novel 1984
- 10. Seinfeld character
- 12. Discussion group on a computer network
- 14. For some reason just about always mispronounced by politicians
- 15. Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut.
- 21. Johnny Woods
- 22. Opposite of older
- 24. Large usually black breed of dog
- 27. Land of enchantment
- 29. Foods that are good for you
- 30. In the middle
- 31. Like a small newspaper for your group

**Down**

- 1. Just married
- 3. Where you might buy a newspaper
- 4. Slight difference.
- 6. A stop in regular programming for information sharing.
- 9. Publication containing news
- 11. Spiritual movement
- 13. What grandpa might refer to some current thing or gadget as
- 16. In Britain someone who sells newspapers
- 17. New to your neighborhood or tow
- 18. Granite State
- 19. A small amphibian and former speaker of the house
- 20. A boy who sells publications
- 23. Slang for someone new to the group.
- 25. Baby
- 26. Particle. Also Jimmy's last name
- 28. City in South Dakota
- 29. No clothes



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# Earwax

being transported, assisted by chewing and jaw motion, from the ear canal to the ear opening where it usually dries, flakes, and falls out. When

**E**arwax is made in the outer ear canal. This is the area between the fleshy part of the ear on the outside of your head (the part you can see) and the middle ear. The skin in the outer ear canal has special glands that produce earwax. The fancy name for this waxy stuff is cerumen (suh-roo-mun). Earwax is not at all like the wax you find in a candle or crayon. Earwax is a waxy substance secreted in the ear canal of humans and many other mammals. It plays an important role in the human ear canal, assisting in cleaning and lubrication, and also provides some protection from bacteria, fungi, and insects. Earwax traps anything strange that flies, crawls, or is blown into the ear canals such as dirt, tiny bits of plant material, small insects, bacteria, and so forth which are immobilized by wax. Think of wax as the sticky stuff on a No Pest Strip. The primary purpose of ear wax is to protect your ear canal and ear drum from such foreign materials. Excess or impacted cerumen can press against the eardrum and/or occlude the external auditory canal and impair hearing. Old earwax is constantly

someone has wax blockage against the eardrum, it is often because he has been probing the ear with such things as cotton-tipped applicators, bobby pins, or twisted napkin corners. These objects only push the wax in deeper.

**C**erumen is produced in the outer third of the cartilaginous portion of the human ear canal. It is a mixture of viscous (thick and sticky, reluctant to flow, and difficult to stir) secretions from sebaceous glands and less-viscous ones from modified apocrine sweat glands. The primary components of earwax are the final products in the HMG-CoA reductase pathway, namely, squalene, lanosterol, and cholesterol. It has a bitter flavor...but really, how would anybody know that?

**T**here are two distinct genetically determined types of earwax: the wet type, which is dominant, and the dry type, which is recessive. Asians and Native Americans are more likely to have the dry type of cerumen (grey and flaky),

whereas Caucasians and Africans are more likely to have the wet type (honey-brown to dark-brown and moist). Cerumen type has been used by anthropologists to track human migratory patterns. **Why does the body produce earwax?**

**C**erumen or earwax is healthy in normal amounts and serves as a self-cleaning agent with protective, lubricating, and antibacterial properties. The absence of earwax may result in dry, itchy ears. Most of the time the ear canals are self-cleaning; that is, there is a slow and orderly migration of earwax and skin cells from the eardrum to the ear opening. **FPT**



### Easy Answer From last month

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

Q: Where do mermaids go to the movies?

A: The "Dive-in"

Q: Why did the boy stare at the car radio?

A: Because he wanted to watch a "Car tune"

## SUDOKU HARD

Instructions: On page 3

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

## SUDOKU Medium

Instructions on page 3

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

### SUPER SUDOKU Answer from last month

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

# Kid Inventors Day

**K**id Inventors Day (K.I.D.) is celebrated annually on January 17th, the birth anniversary of Benjamin Franklin, who invented the first swim flippers at age 12! 500,000 children and teens invent gadgets and games each year. These innovations help make our lives easier – and more fun! Inventions by kids include:

**1642** The mechanical adding machine was invented by a nineteen-year-old French boy named Blaise Pascal way back in the year 1642.

**1824** When Louis Braille was 15 years old, he developed an ingenious system of reading and writing by means of raised dots. Today, in virtually every language throughout the world, Braille is the standard form of writing and reading used by blind people.

**G**eorge Westinghouse, at age 19, obtained his first patent, for a rotary steam engine.

**1921** Philo Farnsworth a 14-year-old had an idea while working on his father's Idaho farm. Philo realized an electron beam could scan a picture in horizontal lines, reproducing the image almost

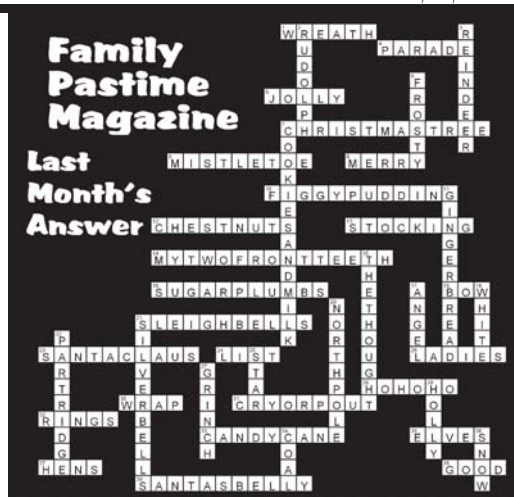
instantaneously. It would prove to be a critical breakthrough, towards electronic television.

**1930** At 16 yrs. old, George Nissen finished high school and set out to develop a bouncing apparatus (trampoline). Working in his parents' garage using steel materials he found at a junkyard, he built a rectangular frame with a piece of canvas stretched across it. It was an instant hit.

**1958** As a 17-year-old high school junior, Robert Heft found himself in need of a class project. His proposed 50 star American Flag idea was initially turned down by the teacher. He went ahead and finished his project, receiving a B minus for his efforts. Heft's teacher compromised and promised to deliver a better classroom grade if he could get the U.S. Congress to accept his flag. The rest is history.

**R**ebecca Schroeder from Toledo, Ohio, was ten in 1972 when she became an inventor. Becky got a patent for her invention in 1974; She improved upon the idea over the next few years eventually calling it the Glo-Sheet. The Glo-Sheet has been used in many places. Doctors use them so they can check patient's notes in the dark without waking them up and the US Navy and NASA have used them.

**O**ne Saturday morning in 1993, when she was eight years old, Abigail M. Fleck and her father, Jonathan, were cooking bacon in their St. Paul, Minnesota



home. Inspired by an offhand comment from her father, Abbey Fleck invented a new, quicker and healthier way to cook bacon, then founded a company to sell her product, The Makin' Bacon.

**I**n 2000 Jacob Dunnack age 8 invented the Batball. "I called it a Batball because I can store my baseballs inside the bat and I like it. It's really cool." He says.

**I**n 2005 Taylor Hernandez, age 10, invented "Magic Sponge Blocks," large building blocks made from sponge that can safely stack high without worry that they could fall and hurt a child. **FPT**

## SUPER SUDOKU Instructions: On page 3

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

## EZ Being Green

Continued from Page 12

bags you have to buy, the bigger the associated environmental impact.

**I**f you do choose fiber over plastic, if you can afford it try to go for organically grown fibres. Also check what sorts of dyes and colorings have been used to make the product as some of these can be quite nasty environmentally speaking.

**I**n the case of reusable plastic bags, ensure the materials can be recycled - that way when your bag has ended its useful life, the materials can be reclaimed instead of heading to landfill where they will take generations to break down. Even better, buy one made from recycled materials.

**A**dditionally, and purely just a

personal view - if you buy a "designer" bag, you'll likely pay a ton more. Why spend the extra cash on some pithy saying or brand name slammed on a bag? You could use the money you save to do something really worthwhile. It's just a bag for your shopping folks, we don't need to make a fashion statement every time we walk out the door do we? :) **FPT**

### Sudoku last month's Really Hard answer

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



Once the New Year is rung in and the decorations are tucked away for a long winter's nap don't forget to tie up those loose holiday ends of 2008. Before life goes back to warp speed there are still a few things left to attend to.

Chances are the holidays were trimmer this year but gifts were still exchanged. This brings up the almost extinct tradition of the thank you note. Although I am no Miss Manners, written thank you's are a definite DO in my household. Neither a texted, nor e-mailed nor voice mail message will ever replace the handwritten form of thanksgiving. The secret is early intervention and cool tools. My little Picassos' started at age 4 with scribbled drawings decorating a pre-printed card. As they grew, I assisted by having them dictate their thanks, and now as young women they are quite adept

at the thank you process. Over the years unique stationary and writing implements have nudged them along. Do not let a loss for words stop the presses. Check out [www.my-thank-you-site.com](http://www.my-thank-you-site.com) and [www.thankyounotewording.com](http://www.thankyounotewording.com) to keep the gratitude flowing.

Besides leftover turkey, the two most prolific items after the holidays are bills and photos. Last month's Family Pastime Magazine should have helped you sort those bills, but now how do you get them dealt with effectively? Answer: You need a human, specifically, [www.gethuman.com](http://www.gethuman.com). This site lists hundreds of customer service numbers and codes to get a live earthling quickly, instead of waiting on the line like all the other gerbils.

If your new year's resolution is to totally revamp your life two of the best sites going are [www.realsimple.com](http://www.realsimple.com) and [www.kiplingers.com](http://www.kiplingers.com). Tips and lists and calculators abound on just about any area of family life you want to investigate and improve. Especially helpful is The Best List of 2008 on the Kiplinger's site.

Keep your holiday photos from disappearing into the black hole on your hard drive. Online photo sites allow the whole family to upload their shots to share and store. Prints can be ordered directly from the website. Both [www.snapfish.com](http://www.snapfish.com) and [www.picassa.com](http://www.picassa.com)

are favorites in my family. My sister had a beautiful album done by snapfish after sifting through the hundreds of photos our party of 11 took on a European cruise vacation. Photos were downloaded from 5 different cameras and three different states to a common page she set up, and then we all ordered what we wanted. No duplication and mailing back and forth involved.

Finally, for all those holiday cookie exchange recipes you collected, check out [www.myrecipes.com](http://www.myrecipes.com). Keep them all online and never lose a recipe again. In addition to storing your own masterpieces, you can access over 30,000 recipes from your favorite publications. My favorite feature is looking up recipes by ingredient to find new ways to use up what's in the fridge. With no limit to the number of cookbooks you can set up, why not start a holiday cookbook so all of your holiday recipes will be ready and waiting for you next season. Menus, shopping lists and an easy print feature make this a technophobe's dream. Happy New Year from **The Frantic Mom. FPT**

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