

January 2010

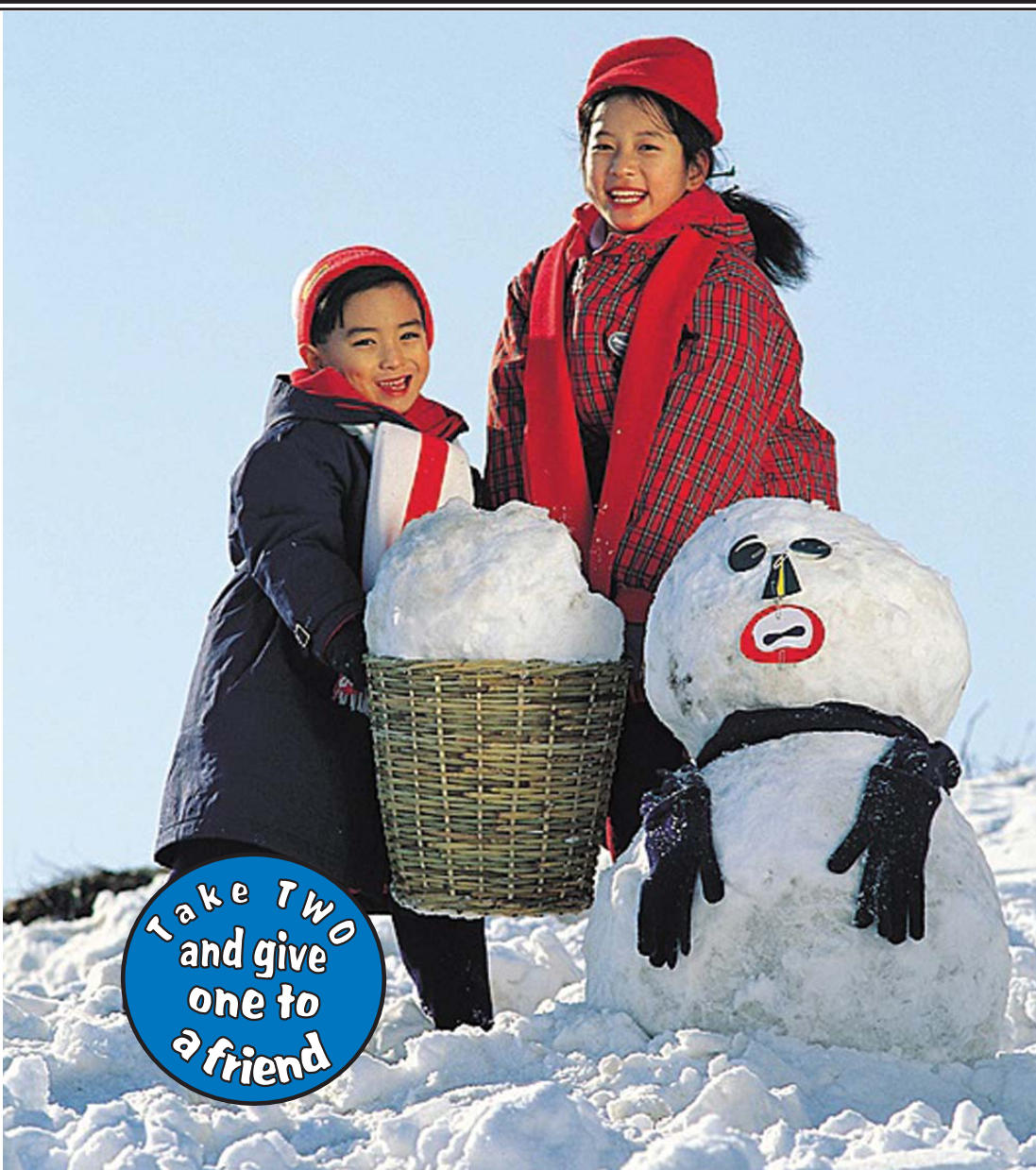
**FREE**

# Family Pastime Magazine

familypastime.com

THE magazine for the **WHOLE** family

Volume 5 Issue 6



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**JANUARY WEEKLY OBSERVANCES**

- Celebration of Life Week: 1-7
- Diet Resolution Week: 1-7
- Silent Record Week: 1-7
- Lose Weight/Feel Great Week: 1-8
- Someday We'll Laugh About This Week: 2-9
- New Year's Resolutions Week: 3-9
- Home Office Safety and Security Week: 3-9
- Women's Self Empowerment Week: 4-10
- Universal Letter Writing Week: 8-14
- Cuckoo Dancing Week: 11-17
- No Tillage Week: 13-16
- Printing Week: 17-23

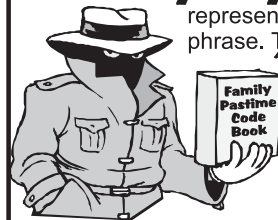
- Handwriting Analysis Week: 17-23
- Healthy Weight Week: 17-23
- Hunt For Happiness Week: 17-23
- Activity Professional Week: 17-23
- Fresh Squeezed Juice Week: 18-23
- No Name Calling Week: 20-24
- Sundance Film Festival: 21-31
- Cowboy Poetry Gathering Week: 23-30
- World Leprosy Week: 23-29
- Nurse Anesthetists Week: 24-30
- Medical Group Practice Week: 25-29
- Take Back Your Time Week: 25-29
- Catholic Schools Week: 31-2/6

**JANUARY MONTHLY OBSERVANCES**

- Bingo's Birthday Month
- Book Blitz Month
- Bath Safety Month
- Birth Defects Month
- California Dried Plum Digestive Month
- Celebration of Life Month
- Financial Wellness Month
- Change Your Stars Month
- Creativity Month
- Quality of Life Month
- Wayfinding Month
- Wealth Mentality Month
- Be On-Purpose Month
- Bird Feeding Month
- Clean Up Your Computer Month

- Get Organized Month
- Glaucoma Awareness Month
- Hot Tea Month
- Mail Order Gardening Month
- Mentoring Month
- Personal Self-Defense Awareness Month
- Poverty in America Awareness Month
- Radon Action Month
- Skating Month
- Soup Month
- Volunteer Blood Donor Month
- Oatmeal Month
- Rising Star Month
- Self-help Group Awareness Month
- Shape Up US Month
- Thyroid Awareness Month

**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.

HQ HWBB UFQT CNQ ZUUG. WED FOSQD OYQ  
 ZBOTG. HQ OYQ SUWTS CU FRC HUYVD UT CNQA  
 URYDQBJQD. CNQ ZUUG WD IOBBQV UFFUYCRTWCM  
 OTV WED EWYDC INOFCQY WD TQH MQOY'D VOM.

Look on the Fun Family Events page for a clue. Look for the answer next month. ~Edith Lovejoy Pierce

**Instructions:**

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

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

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

**Look in next month's issue for the answers.**

Last Month's Medium answer

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

SUDO-KID-U 1

		2	
			1
	3		
		4	

SUDO-KID-U 01

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

Last month's Answers SUDO-KID-U 02

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



# Home Headache Cure

**H**eadaches are among the most common medical complaints. The majority of them are not life threatening. They can be classified several categories, such as: Tension headaches, the most common type of headaches. Migraine headaches have well-defined attacks with symptoms like nausea, vomiting, sensitivity to lights and sounds. Cluster headaches come in groups of 1-4 a day in a set cluster period that may be a matter of days but can extend to months, followed by periods of remission, Chronic tension headaches can come from an overload of stress or from being fatigued, but more often they come from physical problems, from psychological and emotional issues, or from depression, Hormonal headaches have a similarity to migraines in that they affect only one side of the head and frequently are accompanied by nausea, vomiting, or sensitivity to lights and noise. Sinus headaches can be experienced after a cold or condition that causes a sinus infection, and the rarest are organic headaches stemming from a skull or brain abnormality -- benign or malignant tumors, aneurisms, meningitis, brain abscess, infection, or encephalitis.

**P**recise causes of many headaches are not known. Thoughts on the subject include: Several physiologic changes in the head and brain, Dilation and constriction of blood vessels, Abnormal activity of certain neurons, genetic factors may be a cause for migraines, smoking and alcohol may be a cause cluster headaches

- Roast some caraway seeds dry. Tie in a soft handkerchief or muslin cloth and sniff.
- Apply the paste of 3-4 cloves on the fore head.
- A peeled and chopped apple, with a sprinkle of salt eaten first thing in the morning, for at least a week for chronic headaches.
- Make a herbal tea with 10-15 holly basil leaves, 5-6 peppercorns and 1/2" ginger piece, powder. Keep in an air tight bottle. Take 2 pinches with warm water when a headache starts.
- Massage head with rosemary oil.
- Add water to 1 tbsp ginger powder. Heat gently in a pan. Apply the warm poultice on

forehead. Keep on for 15 minutes.

- Apply an ice pack to the painful area of your head. Try placing it on your forehead, temples or the back of your neck.
- Take a warm bath or shower;
- take a nap;
- Take a walk.
- Ask someone to rub your neck and back, or treat yourself to a massage.
- Apply gentle, steady rotating pressure to the painful area of your head with your index finger and/or thumb. Maintain pressure for 7-15 seconds, then release. Repeat as needed.
- Rest, sit or lie quietly in a low-lit room. Close your eyes and try to release the tension in your back, neck, and shoulders.
- Headaches are a symptom of something going on.
- And if you take a closer look, there can be better ways of dealing with headaches than taking a pill. It's very common for people to say that they have "migraines," but this isn't quite as common as many assume, and it's far more frequently confused with other types of headache.
- Use heat: a warm washcloth or a hot water bottle can ease pain
- Deep breathing exercises: if you suffer from tension headaches, sit in a darkened room and slowly take in deep breaths through your nose and let it out through your mouth. Do this until you feel relaxed
- Acupressure: reduce headache pain by squeezing the web of skin between the thumb and pointer finger as hard as you can; or use both thumbs and apply pressure under the bony ridges at the back of the head
- Meditate: imagine the pain flowing out of your head; you may combine this with the deep breathing exercise
- Use an ointment with heat(for example Ben-Gay or Icy Hot) and rub it on your forehead or base of your neck, wherever it hurts. It will burn slightly and give a warm feeling to your head
- Listen to relaxing music while you lie down
- B6 or B complex vitamins can prevent headaches or lessen their severity
- Two tablespoons brewer's yeast can cure headaches
- Peppermint Tea can calm you and ease the pain
- Chamomile tea can also calm you, so you can sleep which will help your headache
- Exercise: since exercise relieves stress, it's a natural stress preventative.
- Sleep: get 6-8 hours but don't oversleep because that can cause headaches on its own.
- Use a neck pillow in bed: if you get a lot of morning headaches, they could be caused by the way you sleep. A neck pillow will support your neck and could prevent morning headaches
- Eliminate caffeine, salt, msg, and chocolate
- Avoid bright light because it can lead to squinting, which can lead to headaches. Use sunglasses if you are going to be outside for any length of time
- Try not to skip meals; when blood sugar drops from not eating, the blood vessels of the brain tighten
- Avoid certain foods containing nitrates, sulfites, and msg. They are known headache causers. Also nuts and aged cheeses can cause headaches
- Quit smoking and avoid smoke-filled rooms
- A paste of clove and salt crystals in milk.
- Include five almonds along with hot milk in your daily diet.
- A gram of black pepper along with honey or milk, 2 or 3 times a day.
- Apply neem powder gently on your forehead.
- The Betel leaves have analgesic and cooling properties. It can be applied over the painful area.
- Make a paste from dry ginger with a little water or milk, and apply to the forehead.
- Lying down, in a dark room, maybe getting a 1/2-hour of sleep, will always make you feel better.
- Sniffing the seeds of Bishop's Weed (Ajwain)is useful in the treatment of headache and stress.
- Dip a small towel in cold water, rinse, and apply to forehead.
- Mix one teaspoon of finely ground cinnamon and one teaspoon water. Apply on the forehead to get relief from headache.
- For a sinus headache, eat a jalapeno pepper as soon as possible.
- The juice of three or four slices of lemon should be squeezed in a cup of tea. It gives immediate relief.
- The herb marjoram is beneficial in the treatment of a nervous headache. An infusion of the leaves is taken as a tea.
- Hot foot baths are beneficial in the treatment of chronic headaches.
- Keep your legs ginger to the forehead. **FPT**

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



By Chris Joker

"Potentially Crazy People In Pajamas Are Banned From The Phone"

It was a Wednesday morning; I awoke at 8:00. I had an appointment at 10:00 for an audition for some voice-over work for a local advertising agency. 8:00 to 10:00 would leave me plenty of time to shower, shave, dress and get to my meeting. This is when I discovered I had no coffee. Panic. Surely, since my meeting isn't until 10:00 I still had time to run to the convenience store for a cup of coffee before taking my shower. I don't normally do this, but apparently sometime last year it became acceptable to go shopping in your pajamas so, I thought, "what the heck" It will save time. I threw on my leather jacket and my chili pepper slippers and headed for the door when I spied Charlie looking at me with his big sad eyes so I decided to take him with me. Charlie is a hundred pound goldendoodle (A cross between a golden retriever and a poodle....a BIG poodle). I wanted to name him Cheese (you know like cheese doodle). I was over-ruled. Anyway, Charlie and I got in my van and went to the store. I left the van running while I ran in for my coffee, Charlie kept my seat warm. When I got back to the car, hot coffee in hand, I started talking to Charlie through the window; Charlie got excited and started pawing at the window. I have electric door locks in my van with a master control on the driver's door arm rest. This button locks all the doors. It did. As I saw Charlie's island sized paw heading for the door lock button I let out a scream and threw my body against the window. This action set into motion a chain of events which would influence the rest of my morning. My hot coffee slammed against the window then spilled all over my face and my SpongeBob pajamas. I don't know if it was the shock of the scalding hot coffee or the impact of my body slamming against the van but one of these or both of these caused me to bite down hard. I bit down so hard if I didn't have anything between my teeth I surely would have shattered them. Unfortunately the thing between my teeth, preventing them from shattering, was my tongue. My tongue immediately swelled up causing me to slur my speech when I spoke. Charlie, who was now locked in my running van, seemed to be laughing at me. Now what was I supposed to do? I tried to get Charlie to push the button again to unlock the doors. I made faces, noises gestures. The other convenience store patrons looked at me like I was out of my mind.

Some of them admonished me for teasing this poor innocent dog. After about 5 minutes of near misses, he pushed the button dead on. Nothing. This was about the time I realized that the way the unlock function works is you have to pull it UP. I really wish I had realized that 5 minutes earlier. My next thought was to call someone to get the spare key from my house and bring it to me. Did I mention that my SpongeBob pajamas do not have any pockets? I remembered this when I spied my cell phone sitting on the passenger seat. Curse you SpongeBob and your square pants! Getting Charlie to make the call was really out of the question. I walked back in the store and said to the clerk "clnn I yoos yor pone?" He stared at me. Again I said "clnn I yoos yor pone?" Still no idea what I was trying to say. I wrote it out on a piece of paper "Can I use your phone?" Apparently the store has a strict rule banning potential crazy people in pajamas from using the phone. I know this because the clerk pointed to a sign on the wall that said just that. I went back outside and started asking customers, "clnn I yoos yor pone?" I did not know this but apparently many people have a policy banning potentially crazy people in pajamas from using their phones. After asking 4 or 5 customers the clerk came out side and told me I had to stop harassing his customers or he would call the police. As he went back in I asked another customer. Over the customer's shoulder I saw the clerk pick up the phone and dial about 3 numbers. This is when I decided to walk the mile and a half back to my house. I'm not gonna lie to you, walking a mile and a half in coffee soaked SpongeBob pajamas in 30 degree temperatures is a tad bit uncomfortable. About 5 minutes in, the coffee began to freeze and I started walking like John Wayne after a long trail ride. I don't know if it was the lack of coffee (osmosis does not work with caffeine), the freezing temperatures or the overall frustration I was feeling over the situation but, for whatever reason, until I could see my front door, I forgot that the key to my house was also locked in the van with Charlie. Fortunately, I have a spare key at the house. Some people call it a brick. I call it a "spare key". I smashed in the side door window. Breaking glass tends to alert neighbors. Alerted neighbors tend to call the police and as luck would have it the police were in the area due to a report of a demented man in SpongeBob pajamas harassing customers at a local convenience

store. Police tend to like to see I.D.s. I.D.s are usually kept in one's wallet which at this very moment was locked in a running van 1.5 miles away with Charlie. The officer (we'll call him Officer Larkins--- not his real name, and if there is actually an officer Larkins on the Johnson City Police force it is simply a coincidence so DON'T sue me.) was admittedly cautious but understanding. In the back of my mind I was thinking, "Hey, this may get me a beer with the President." But since I am not a Harvard professor and officer Larkins was so understanding, I guess I will have to find another way to meet the President. Officer Larkins allowed me to get my spare key and then he drove me to the convenience store. The clerk did not act surprised at all that I was in a police car. Charlie was so excited to see me that when I finally got the door open, Officer Larkins was concerned that the big furry creature was actually attacking me. I showed him my I.D. and he went on his way, chuckling a bit as he went. It was, obviously, too late to make my 10:00 meeting, unless I went un-bathed in my SpongeBob pajamas and chili pepper slippers. I called to try to reschedule. "Ah neet to lesledule my allisshun." After repeating myself 3 or 4 times they realized who I was and why I was calling they told me they didn't have any time to meet today or tomorrow and, in fact did not see any openings in the immediate future. They told me not to worry about calling back, they would call me. **FPT**

Last month's HARD answer

Grid of numbers for last month's HARD answer

RE/MAX RESULTS advertisement for Jeff Forrester, Realtor. Includes contact information and a hot air balloon logo.



# 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 or **Family Pastime** EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

- 1.** New Years Day, Rose Bowl Game
- 2.** Happy Mew Year for Cats Day, 55-MPH Speed Limit Day
- 3.** J.R.R. Tolkien Day, National Chocolate Covered Cherry Day
- 4.** Dimpled Chad Day, "Thank God It's Monday" Day, World Hypnotism Day  
**JCPL** Family Storytime @ 6:30 pm
- 5.** Bird Day, Bean Day  
**JCPL** Two's Time \*(Age 2) @ 10 am, Preschool Pals\* (Age 3-5) @ 11 am
- 6.** Epiphany or Twelfth Night, Three Kings Day  
**JCPL** Two's Company @ 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5)
- 7.** Harlem Globetrotter's Day, I'm Not Going To Take It Anymore Day, Programmers' Day  
**JCPL** Two's Company @ 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5)
- 8.** Bubble Bath Day, Learn to Ski Day, English Toffee Day, Show and Tell Day at Work
- 9.** Fruitcake Toss Day, Positively Penguins Day  
**JCPL** Bilingual Storytime (Span/Eng) @ 2 pm
- 10.** Cut Energy Costs Day, United Nations Day
- 11.** National Clean Off Your Desk Day  
**JCPL** Sit! Stay! READ!\* @ 4-5 pm 1st - 5th graders Read to a Certified Therapy Dog for 15 minutes
- 12.** **JCPL** Two's Time \*(Age 2) @ 10 am, Preschool Pals\* (Age 3-5) @ 11 am
- 13.** Aunt Tracy's Birthday, Rubber Ducky Day  
**JCPL** Two's Company @ 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5)
- 14.** Dress Up Your Pet Day, Organize Your Home Day  
**JCPL** Two's Company @ 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5), K-2 Story Stretches\* 4 pm
- 15.** Humanitarian Day
- 16.** Appreciate A Dragon Day, Nothing Day, Religious Freedom Day  
**JCPL** Chess with Ralph Roller 10 am-NOON (K-5), Sit! Stay! READ!\* 2-3 pm  
1st - 5th graders Read to a Certified Therapy Dog for 15 minutes  
**Hands On!** Treasure! Opens Discover Treasure!, See actual artifacts from shipwrecks and other treasure sites.
- 17.** Bald Eagle Appreciation Day, Customer Service Day, Kid Inventors' Day
- 18.** Martin Luther King Day Do Dah Parade Day,

- Pooh (Winnie The) Day  
**JCPL** Family Storytime 6:30 pm
- 19.** Rid The World of Fad Diets and Gimmicks Day  
**JCPL** Two's Time \*(Age 2) 10 am, Preschool Pals\* (Age 3-5) @ 11 am
- 20.** Camcorder Day, National Disc Jockey Day  
**JCPL** Two's Company @ 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5)
- 21.** Hugging Day, Women in Blue Jeans Day  
**JCPL** Two's Company @ 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5), Happy Health Week Program\* 4 pm (K-5)
- 22.** Answer Your Cats Questions Day
- 23.** Handwriting Day, Pie Day, Snowplow Mailbox Hockey Day  
Barter Theater @ **JCPL** Presenting "Billy Goats Gruff" 11 am & 2 pm
- 24.** Belly Laugh Day, National Compliment Day  
**Hands On!** FREE DAY  
FREE admission 1-4.
- 25.** Better Business Communication Day, Bubble Wrap Appreciation Day, Mac Computer Day  
**JCPL** Sit! Stay! READ!\* 4-5 pm 1st - 5th graders Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 26.** Peanut Brittle Day  
**JCPL** Two's Time \*(Age 2) 10 am, Preschool Pals\* (Age 3-5) 11 am, TEEN EVENT - PERCY JACKSON PARTY\* 6 pm
- 27.** Holocaust Memorial Day  
**JCPL** Two's Company 10 am (Age 2), Preschool Storytimes @ 11 am (Age 3-5)
- 28.**
- 29.** Freethinkers Day, Fun at Work Day
- 30.** Inane Answering Message Day

**31.** National Seed Swap Day

**DiETING - New Year's Resolutions**

**2006:** I will get my weight down below 180 pounds.

**2007:** I will follow my new diet religiously until I get below 200 pounds.

**2008:** I will develop a realistic attitude about my weight.

**2009:** I will work out 3 days a week.

**2010:** I will try to drive past a gym at least once a week.

MESSAGE

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

To . . . Business Owners . . . . .

WHILE YOU WERE OUT

. . . . . Customers were looking for you . . . . .

From . . . Family Pastime Magazine . . . . .

TELEPHONE. 423-676-4323 . . . . .

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

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

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

\*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **0=0 :eae ot/p/ra**



January is the perfect month to take stock for the New Year, and close all those open loops. You know those goals and ideas you never got

around to. If volunteering was one of those goals, why not make a plan for the New Year and involve your family.

Still not sure how to start? A great book with tips on making a difference and including your kids is The Busy Family's Guide to Volunteering by Jenny Friedman.

**Not sure where to start?**

At [volunteermatch.org](http://volunteermatch.org) there are over 70 volunteer opportunities in our community just waiting to be filled.

Do you have teens that need volunteer hours to graduate but are not really motivated? Try Give A Day Get A Day /What will You Celebrate? at [www.disneyarks.com](http://www.disneyarks.com) Beginning if you sign up through their website and get that volunteer experience completed and verified you can trade it for a one day free admission to either the Florida or California park.

Elementary kids can help by participating in Share our Strength's Great American Bake Sale. All kinds of tips and hints are available online. 100% of the donations go to feed hungry kids. For more information go to [www.gabs.strength.org](http://www.gabs.strength.org)

So many worthwhile charities are in our region, and although they get attention during the holidays, year



round help is really what is needed.

Even cleaning out after Santa's big stop can help. Things you would not even think of as a donation are greatly needed at area community charities. A surplus at your house might fill a need at a local charity; all you have to do is ask.

At holiday time, especially, I realize how blessed I am that I never go hungry, nor without a roof over my head. The homeless and those truly in need are the invisible population in our midst. The following are a few of the organizations that help in our community who always need assistance.

- The River 125 W Main St 423 926-8111
- Safe Passage for Women 423 929-0171
- Salvation Army 200 Ashe St 423 926-8901
- Good Samaritan 100 N Roan St 423 928-0288
- Haven of Mercy 123 W Millard St 423 929-0616
- Melting Pot 423 461-8070 x.227 **FPT**



Cherokee Elementary School Safety poster contest winner Tyler Varela 2nd grade. Voice balloons on left read; "Do you want to meet me somewhere?" and "Where do you live?" the voice balloons on the right read; NO! I'm telling my Mom and Dad! and "I can't Tell You." The text at the bottom reads: "Never trust any strangers online."

HOLIDAY PARTY TIME IS  
**DECADES KARAOKE**



Great for public OR private parties!  
**CHRISTMAS PARTIES** • **New Years Parties**  
 Wedding Receptions • **BIRTHDAYS**  
**Vălenținës** • **Family Reunions**  
**MORE!** Call for 423-767-3765  
 FREE quote: 423-753-6639  
 E-mail: MOF@comcast.net

## Building High-Tech Skills In Students

(NAPS)—Teaching students STEM skills—skills in science, technology, engineering and math—could be the formula for their future success.

Still, American 12th graders ranked near the bottom in math and science scores when compared to students overseas, according to a report from Business Roundtable. Additionally, many schools report a lack of student interest in STEM education.

Experts say the trend could leave children at a disadvantage when it comes time to compete for jobs—and that a lack of STEM education could threaten America’s roll in the global marketplace.

### Building Important Skills

Fortunately, there are a number of ways by which parents and teachers can help children develop STEM skills from an early age. Try these tips:

- Bring young children to museums or for walks in the woods to spark an interest in science and nature.
- Let kids measure ingredients while you cook to provide a quick math lesson.
- Encourage children to develop problem-solving skills by asking them questions about their environment.



### Keeping It Fun

Parents and kids can also visit [www.connectamillionminds.com](http://www.connectamillionminds.com) and use a ZIP code

search feature that connects students to STEM learning opportunities in the community. Additionally, the site features video case studies of inventors and technologists talking about their projects, as well as photos and narratives about their STEM experiences.

Among the first inventors to post on the site were volunteer coordinators of FIRST (For Inspiration and Recognition of Science and Technology), a nonprofit organization that inspires young people to be science and technology leaders.

The site is part of a five-year, \$100 million initiative from Time Warner Cable called Connect a Million Minds. The project is meant to inspire students by connecting them with hands-on, after-school opportunities to experience STEM in nontraditional ways.

The cable company is also using public service announcements and local community events to raise awareness of the need for better STEM education. For many students, the initiative has been a smart way to make STEM add up.

For further information and tips, go online to the Web site at [connectamillionminds.com](http://connectamillionminds.com).

## Sedation Dentistry

### Change Your Life!

- *Imagine*...being able to go to the Dentist **WITHOUT** fear.
- *Imagine*...having the dentistry you need and desire in a totally relaxed, pain-free environment
- *Imagine*...living without pain, discomfort, and embarrassment that results from decayed, infected teeth and gums
- *Imagine*...all this accomplished here **LOCALLY**, in Johnson City, TN



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## Family Pastime Magazine Introduces FREE Classified Ads

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New Year's Financial Resolutions

Like many people, you may make some

New Year's resolutions. Perhaps you've promised yourself that you'll visit the gym more often or learn a new language or reconnect with a long-lost friend. All of these are worthy goals, of course, and if you achieve them, you may add new dimensions to your life. But if you want to accomplish other major milestones you may have envisioned — a new home, college for your kids, a comfortable retirement and so on — you may need to set some New Year's financial resolutions.

What type of financial resolutions should you make? Here are a few ideas to consider:

- *Contribute as much as you can afford to your 401(k).* Take full advantage of your 401(k) or other employer-sponsored retirement plan. Your contributions are typically tax deductible and your earnings grow on a tax-deferred basis. Every time you get a boost in salary, try to increase the amount going into your 401(k), but at the very least, contribute enough to earn the employer's match, if one is offered. In 2010, the contribution limit for 401(k) plans is \$16,500, or \$22,000 if you're age 50 or over, although both these limits may increase if they are indexed for inflation.
- *"Max out" on your IRA.* Even if you have a 401(k), you're probably still eligible to contribute to an IRA. A traditional IRA grows tax deferred, while a Roth IRA's earnings are tax free, provided you've had your account at least five years and don't start taking withdrawals until you're 59-1/2. (Your ability to contribute to a Roth IRA is based on your income.) You can fund your IRA with

virtually any type of investment. In 2010, you can put in up to \$5,000 to your IRA, or \$6,000 if you're age 50 or older, although, as was the case with your 401(k), these limits may go higher if they're indexed for inflation.

- *Rebalance your investments as needed.* Over time, your goals and risk tolerance can change. That's why it's a good idea to review and rebalance your portfolio at least once a year, possibly with the help of a professional financial advisor who is familiar with your situation.
- *Avoid "emotional" investing.* Don't make decisions based on emotional reactions to what's happening with your investments. For example, just because the price of an investment may have dropped significantly, it doesn't mean you should rush to sell it. Despite the price drop, it may still have good prospects and it might be an important part of your investment strategy. Consider all factors before making "buy" or "sell" decisions.
- *Keep sufficient cash in your portfolio* — During the long bear market of 2008 and early 2009, many investors discovered that they lacked enough cash in their portfolios. Of course, you need enough cash on hand to meet unexpected expenses without dipping into long-term investments. But beyond that, the presence of cash and short-term, more liquid investments can help reduce the volatility in a portfolio that may sometimes be battered by both the stock and bond markets.

These financial resolutions, like all types of New Year's resolutions, may not be easy to keep. But if you can stick with them, you may have many happy new years in the future. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

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SUDOKU HARD

Instructions: On page 2

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

Sudoku Really Hard Instructions: On page 2

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

Q: What goes up and down but does not move?

A: Stairs

Q: Where should a 500 pound alien go?

A: On a diet

Q: What did one toilet say to the other?

A: You look a bit flushed.

Q: Why did the picture go to jail?

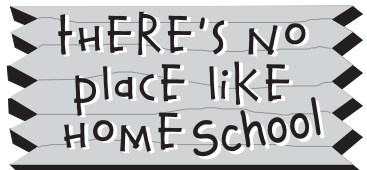
A: Because it was framed.

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# Goal Setting For A New Decade

these things, yet some times it seems so stale to write out goals as a new year begins.

“zeros” are almost over! Never have I been so anxious for a decade to end!

As 2010 dawns and we flip the calendar to a fresh and clean January, we face the best of two options: a new year and a new decade, both filled with promise! As both hasten toward us, it is wise for us moms to pour a cup of hot tea, sit back and reflect on the last year, and the last decade, evaluating the good, the bad and the ugly.

What happened in your family, home, homeschool and personal lives that worked well? What did not? Where were the biggest struggles, and the biggest delights? What were the strongest challenges and the largest obstacles? As John Maxwell likes to say, “Experience doesn’t teach us, only *evaluated* experience teaches us.” Why? The lesson is learned in *evaluating* what happened, thinking it through, pondering it.

If we keep barreling through life, without taking time to reflect, ponder and evaluate, we will, as the old saying goes, “continue to get what we have always gotten.” We will never change, grow, or get better, in every facet of life.

So each new year allows us the perfect time to evaluate our lives and homeschools. I find it easy to reflect as we close the first semester, work on grades, and look forward to the second semester! Add changing the calendar page and what isn’t to love? If life isn’t

I don’t know about you, but boy am I glad that the

working – do something new! Shake things up, be brave and change curriculum, switch books, give yourself permission to try something new to spice up the year.

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

We just so happened to find the perfect visual aid for our theme. We headed down to Gatlinburg after Christmas and picked out a beautiful scripture engraved in wood, that cuts to the heart of our goals and dreams for the new decade. In large letters it says Lead With Vision, below that, *Where there is no vision, the people perish* Proverbs 29:18 What is the Lord’s vision in your life this year?

Having vision requires evaluating your goals and resolutions from last year. How did you do with your 2009 goals? We wanted to have a year of discipline in 2009 and to a large degree; we accomplished many of our goals. Still a ton of room for improvement, but we will continue in 2010 with “The Discipline to Move Forward” in our lives. To do this requires vision, it all ties together! 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* and *Living History Sites* website (a huge school project), all require more concerted, and disciplined effort in 2010! While we wavered some in 2009, we will keep working on the habit of discipline, 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? Let’s face it, that character issue usually involves the parents too! Never a dull moment in homeschooling! Try it this year, and weave it through all you do! You will be amazed at how character goals can be cemented in their lives, using this simple, targeted method.

How are you doing on actually WRITING your goals out for 2010? How are your children doing?

We have all heard that 97% of the people do not **write** goals down at all. Only 3% do, and they accomplish much more than the 97% who do not commit them to paper. If you aim at nothing, you will hit it every time. We hear these things, we know

For now, we are writing our goals out. My daughter has a notebook with a different page for each month, and computer sheets from mom with all of her school work on them. There is nothing she likes more than checking off what she has accomplished! I am using a new planning calendar, a 2<sup>nd</sup> calendar for meal planning, and hubby and I will both write ours out in the computer and print them out. We will be doing yearly goals, 2 year, 5 year and decade long goals.

Goal tracking will be added in 2010. We need to evaluate and watch to make sure we are nailing our goals. So, I will also print and put our goals on big, 2 foot x 3 foot foam boards, so we can look at them all the time, easily tracking progress. One board for overall goals, another for debt reduction, another for business milestones, etc. We intend to be a lot more deliberate this year! Change your life, change your homeschool and be part of the 3%!!! **FPT**

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

## Sudoku last month’s Really Hard answer

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

## SUDOKUMedium

Instructions on page 2

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

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## Dog Obedience: The Basics



**T**eaching basic obedience skills to a dog can be exciting as well as challenging.

Having problems on where to begin? Start by doing your homework. A student can only be as good as his trainer, right?

**T**he first lesson in obedience is to get your dog to pay attention to the commands. You want to start by calling his name and then using a keyword like "watch" or "look" afterwards. This way, he will associate the words to a command. Once you've got his



attention, the lessons can begin.

**Y**ou want your dog to be able to pay attention for a short length of time. Try keeping his attention by doing attention exercises. One example would be to hold a toy or dog treat in near your mouth and then give him the keyword command. Each time he takes the time to watch, praise him. The more you do this exercise, the more time he should be able to pay attention to you. Try getting him to watch for at least a minute. Let him know that he is doing a good job by rewarding him. Dogs learn best this way.

**B**ecause dogs have such short attention spans, they get distracted pretty easily. Choose a place that is free of other distractions such as other pets, children or loud noises. Training sessions should only last approximately 30 minutes tops. Usually, if you go over this time limit, the dog will get restless and easily distracted.

**I**f your dog isn't learning very quickly, you may become frustrated. Don't take that frustration out on your animal. A few things to remember before starting your obedience lessons:

1. Never cause pain to your dog (this will cause him to shy away or become aggressive to you.)
2. If he begins to become distracted, change the tone of your voice (this doesn't mean raising it)
3. Consistency cannot be stressed enough (animals are like children, if you're not consistent, they will become confused as to what is expected)

**T**eaching your dog basic obedience commands will make for a more obedient and more pleasant dog to be around.

**T**he first command to start off with would be to sit. You

must use the word sit while teaching him so that he can relate the word with the action. Start by gently pushing his backside down and saying the word "sit." Eventually he will catch on to the concept.

**T**he second

command is "down."

Dogs can become pretty hyper when they get excited. Jumping up on their owner's lap is usually how they express their excitement. If you have a big dog or have other people over, you might not want them pouncing about. When they jump up, tell them "down." Do not pet them or act excited to see them while they are on you. Continue to tell them "down," and even place their legs down if you have to.

**N**ext is the command of "stay." This command is a good one to know especially if you have a rambunctious hyper dog. You can teach him stay, for example, by putting a treat or something desirable on the ground. As he moves toward it, tell him "Stay." Another good idea would be to put your hand up while saying the word "stay." When he begins to become obedient in this area, you can move further away from him. This will cause him to become more daring and he will probably take a step forward to see how much he can get away with. When he does this, continue to put your hand out and tell him "stay." He has to know that even though you are moving away, you can still see what he's doing and expect him to continue to obey.

**A**fter you've mastered the stay command, you will move on to the come command. Once your dog has learned to sit and stay, he will need a command to know when it's ok to get up and approach you. They may be a bit confused at first, but with a change in the tone of your voice, he will soon understand. Put a little excitement in your voice when saying the word "come". He will pick up on it. You might also want to pat your leg when you say come.

**S**tand is the last command to achieve. This is where your dog is allowed to get a little excited but not in a pouncing kind of way. When teaching your dog to stand, pat your hands on your chest and, once again, put a little excitement in your voice, so that he knows he's aloud, under certain circumstances. He will begin to know the difference.



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**T**eaching your dog basic obedience, if possible, should be taught as soon as you and your dog are ready. Remember be consistent with the commands and don't forget to have fun! **FPT**

Courtesy of [www.i-love-dogs.com](http://www.i-love-dogs.com)

# Tips To Protect Older Americans From Falls



**T**aking steps to prevent falls in the home can be an important way to protect the safety of older Americans.

Falls are the leading cause of injury-related visits to the emergency room in the U.S. and the primary cause of accidental death in people over age 65, according to the Centers for Disease Control and Prevention. Additionally, each year more than one-third of older adults experience a fall, and between 20 percent and 30 percent of those falls result in moderate to severe injuries such as hip fractures or head injuries.

### Know The Risks

The risk for death, serious injury and disability from falls increases as one ages, and falls can have an especially significant impact on individuals who are already in need of assistance. Other risk factors include pre-existing conditions such as osteoporosis, glaucoma, cataracts and eye disease, as well as issues related to muscle strength, balance and gait.

Medications used to treat both acute and chronic health problems can also sometimes increase an individual's risk for falling, as can consuming alcohol.

### Fall Prevention

There are a number of steps you can take to help reduce your family member's risk of falls. These include ensuring that he or she:

- Changes positions slowly to prevent falls related to drops in blood pressure. When first getting up in the morning, it is wise to sit at the edge of the bed for a short time before standing up.
- Wears supportive, low-heeled, rubber-soled shoes.
- Exercises caution when walking on thick-pile carpets.
- Does not wear smooth-soled slippers or socks on smooth floors such as wood or linoleum.
- Uses caution when walking outdoors, especially when it is wet or icy.
- Limits intake of alcohol.
- Does not wear glasses that are meant for reading when performing activities other than reading.
- Takes medications as prescribed and reports any apparent side effects.

### Safe At Home

It is also important to look at the living environment and potential changes that can reduce the risk of falls. Try these tips:

- Ensure that all rooms are well and evenly lit.
- Use night-lights in halls and bathrooms.
- Avoid very bright lights that could increase glare.
- Have a light or flashlight by the bedside that your loved one can use if he or she needs to get up during the night.
- Be sure that lighting is bright enough in hallways, stairways and bathrooms.
- Keep walkways clear of electrical cords and telephone wires.
- Arrange furniture so it does not interfere with walking.
- Check to see if thresholds present a tripping risk. Widen doorways, if possible.

- Make sure that furniture is not too low to the floor, or too high to allow your family member to get up from or onto without difficulty.
- Remove throw rugs and secure carpets.
- Install handrails on both sides of stairways, if possible.
- Mark the first and last stair with a strip of bright paint or colored adhesive tape made specifically for stair steps.
- Place nonskid strips in the tub or shower.
- Install grab bars in the tub or shower and next to the toilet.
- Install an elevated seat on the toilet if it is too low and your loved one has difficulty getting on and off.

### Learn More

Helpful information can also be found in a free booklet called "Falls and Fall Prevention" from MetLife Mature Market Institute and the National Alliance for Caregiving.

For a copy, you can call (203) 221-6580, e-mail maturemarketinstitute@metlife.com, visit www.maturemarketinstitute.com or write MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880. **FPT**

**SINCE YOU CARE**

**Falls and Fall Prevention**

Did you know that falls are the leading cause of injury-related visits to the emergency room in the U.S. and the primary cause of accidental death in people over age 65? Each year more than one-third of older adults experience a fall, and between 20 percent and 30 percent of those falls result in moderate to severe injuries such as hip fractures or head injuries.

The risk for death, serious injury and disability from falls increases as one ages. One in three of older adults experience a fall each year, and one-third of those falls result in moderate to severe injuries such as hip fractures or head injuries. In fact, falls are the leading cause of injury-related visits to the emergency room in the U.S. and the primary cause of accidental death in people over age 65. Each year more than one-third of older adults experience a fall, and between 20 percent and 30 percent of those falls result in moderate to severe injuries such as hip fractures or head injuries.

Did you know that falls are the leading cause of injury-related visits to the emergency room in the U.S. and the primary cause of accidental death in people over age 65? Each year more than one-third of older adults experience a fall, and between 20 percent and 30 percent of those falls result in moderate to severe injuries such as hip fractures or head injuries.

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## Pocket Pizza

### SUPPLIES:

#### PIZZA DOUGH

- 1 pkg. dry yeast
- 1 C warm water
- 2 TBS. olive oil
- 3 C all-purpose flour
- 1 TBS. dried oregano

#### FILLING

- 2 TBS. olive oil
- 2 red peppers, seeded and thinly sliced
- 1 med zucchini, halved lengthwise and thinly sliced
- 1 C small cauliflower florets
- 2 C tomatoes, diced
- 1 C scallions, chopped
- 2 TBS. dry oregano
- 2 C grated mozzarella cheese

#### HOW TO:

1. Preheat oven to 375
2. To make dough:
3. sprinkle yeast in the water and then mix in the oil.
4. Place the flour and oregano in a mixing bowl and make a well in the center.
5. Add the yeast mixture to the well.
6. Mix until the dough forms a ball.
7. Place on a floured work surface and knead for 5 minutes.
8. Lightly coat a small bowl with olive oil
9. Place dough in bowl and set aside in a draft-free, warm place while preparing vegetables.
10. Heat oil in a large skillet,
11. Sauté the peppers, zucchini, cauliflower, tomatoes, scallions and oregano for 5 minutes.
12. Set aside.
13. Roll out the pizza dough into an 11-by-16-inch rectangle.
14. Move to a cookie sheet.
15. Sprinkle the mozzarella lengthwise down one side of the dough.
16. Top with the vegetables,
17. Sprinkle on the remaining cheese.
18. Brush the edge of the dough with cold water.
19. Fold the other half of the dough over and press the edges to seal.
20. Brush the top with olive oil before baking at 375 for 15 minutes.
21. Cut into pieces and serve.

## Kid Friendly Recipes



### Crock Pot Rice and Chops

#### SUPPLIES:

- 4 - 6 lean pork chops
- 1 cup uncooked rice
- 2 cans cream of mushroom soup
- 1 can chicken broth
- 1 cup fresh sliced mushrooms
- 1 small onion (diced)
- 1 tsp garlic powder or 1 clove fresh garlic (minced)

#### HOW TO:

1. Rinse and drain rice.
2. Combine the rice, soups, mushrooms, onion and garlic in a large bowl
3. Mix well.
4. Place rice mixture in bottom of crock pot.
5. Lay pork chops over the rice mixture.
6. Cover, cook on low approximately 8 hours.

### Cheesy Pizza Fondue

#### SUPPLIES:

- 2 TBS toasted bread crumbs
- 1/4 C milk
- 1 can (15 OZ.) Tomato sauce
- 2 slices pepperoni, finely chopped (optional)
- 2 OZ. (1/2 C) finely shredded mozzarella cheese
- 1 TBS Parmesan cheese (optional)
- 2 warmed whole-wheat pita breads (each cut in 6 triangles)

#### HOW TO:

1. Mix bread crumbs and milk in a small bowl until fully moistened; set aside.
2. Combine tomato sauce and pepperoni (if using) in a small saucepan and heat to simmering.
3. Stir in breadcrumb-milk mixture and simmer for 2 minutes, stirring constantly.
4. Remove from heat and stir in cheeses until melted. Transfer to a serving bowl and serve with warm pita triangles for dipping.

### Creamy Crock Pot Roast

#### SUPPLIES:

- 2 LBS beef roast
- 1 can cream of mushroom soup
- 1 onion (diced)
- 6 carrots (sliced)
- 6 potatoes (cubed into small pieces)
- Water

#### HOW TO:

1. Place onion, carrots and potatoes in bottom of crock pot.
2. Dredge roast in flour and then brown on both sides in hot oil over high heat.
3. When nicely browned, place roast in crock pot over vegetables.
4. Pour soup and 1/2 can water over roast.
5. Cover and cook on low for approximately 10 hours, or 5 to 6 hours on high.

### Tuna Cakes

#### SUPPLIES:

- 2 cans (6 1/2 OZ. each) tuna in water - undrained
- 1 sleeve no salt tops saltines - crushed
- 2 egg whites
- 1 TBS soy sauce
- 1/4 tsp garlic powder
- 2 TBS each finely diced red, yellow and green pepper

#### HOW TO:

1. Heat oven to 350 and lightly grease a baking sheet.
2. Place crushed saltines in a bowl and add tuna with water, egg whites, soy sauce and garlic powder.
3. Mix until well blended.
4. Add peppers and stir until well distributed.
5. Form mixture into 8 evenly sized patties and place on greased baking sheet.
6. Bake for 8 minutes and turn over. Bake for another 8 minutes.

Q: What do you call a fly with no wings?

A: A walk

What's the difference between a mosquito and a fly?  
A mosquito can fly, but a fly can't mosquito.

Darla was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Max smiling broadly.

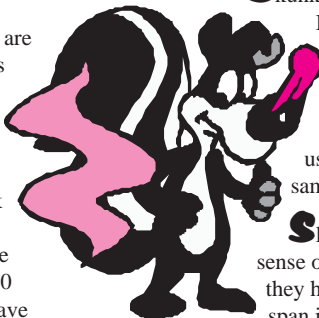
At midnight, as the New Year was chiming, Max approached Darla and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'.



# SKUNK

By: Georgia Teich

Skunks are mammals best



protect them from stings. The skunk scratches at the front of the beehive and eats the guard bees that come to investigate.

Skunks are not true hibernators. In the winter they go to the den for an extended period of time, often as many as twelve females huddle together in the den. Males usually den alone using the same den year after year.

Skunks have an excellent sense of smell and hearing while they have poor vision. Their life span is usually about three years.

Baby Skunks are called kits. When born they are blind, deaf and covered with a soft layer of fur. Their eyes open in about three weeks after birth. The mother is very protective of her kits and often sprays at any sign of danger. The male plays no role in raising the young.

Skunks have two glands one on each side of the

anus. These glands produce a sulfur chemical which smells like rotten eggs, garlic and burnt rubber. This odor is strong enough to ward off bears and other potential attackers. They can spray as far as 15 feet. They carry enough of this chemical for 5 or 6 uses and require approximately 10 days producing another supply (in other words, to "reload") They go through an elaborate routine of hissing, foot stomping and tail height threats before resorting to spraying. Most animals such as wolves, foxes and badgers seldom attack skunks due to fear of being sprayed.

Skunks are common in suburban areas and have frequent encounters with domestic animals which lead to many myths about the removal of skunk odor. Research reveals that due to the chemical composition of the skunk spray, most household remedies are ineffective with the exception of a peroxide formula made by combining: One quart of 3% hydrogen peroxide, one quarter cup of baking soda, one teaspoon of liquid hand soap (not detergent). The best advice is don't get sprayed by a Skunk. **FPT**

known for their ability to secrete a liquid with a strong, foul smelling odor. Skunks are usually black and white. They are striped from birth. Some have a single thick stripe across their back and tail, two thinner stripes or a series of white spots and broken stripes. Occasionally they have stripes on their legs. They are between 15 and 40 inches long and weigh up to 18 pounds. They have a long body, short legs and long front claws for digging.

Skunks are omnivorous; they eat plants and animals, changing their diet as the seasons change. They eat insects, earthworms, rodents, lizards, frogs, snakes and birds. They also eat berries, roots, leaves and nuts. Skunks are the primary predators of the honey bee, relying on their thick fur to

## Watershed Moment

### MEANING:

Literally: Watersheds are defined by their boundaries, where the land turns or slants and the water

derives from the verb to shed. It's an old word for a division, split or separation — a shed could be a hair parting, for example, and could also be used for a ridge of land separating two areas of lower country, a divide. (These days a shed is usually a simple building for shelter or storage; this is an altered form of shade, and so has no link to this other sense of the word.)

In North America, the word watershed often means not the dividing line, but the river catchment areas on either side of the ridge, the whole land area that drains into a particular river. How the sense shifted isn't clear. It came into use only around the 1870s, and may have been a misunderstanding.

A Watershed moment has come to mean: A critical point that marks a division or a change of course; a turning point: "a watershed in modern American history, a time that... forever changed American social attitudes" (Robert Reinhold)." Rather than saying the event itself was a watershed it is a moment or occurrence where things change.

Another derivation of the saying is: "Watershed Election" – which means a campaign that decides

the course of politics for decades; one that is especially memorable, or that proves to be a dividing line between historical periods.

The political meaning comes from both the nourishing meaning (of the vital water-holding uplands) and the epochal meaning (a line between two areas, or a moment between two eras).

The political meaning seems to date back to the 1960s. "Biographer Leo Katcher: 'The University of California was one of the great watersheds of experience for Earl Warren.' Times of London headline, 1965: 'Parliament at a Watershed.' **FPT**



### Say WHAT???

By: Family Pastime Staff

in the watershed runs a certain way (into the rivers and water bodies of that watershed). So, to say that you have reached a watershed is to say that you have reached a place where the landscape turns in a new or different way. It first turns up in English near the beginning of the nineteenth century. It was then purely a scientific term for an imaginary line that separates two river systems. Think of it as the ridge of a roof: which river system rainwater flows into is determined by the side of the line the rain is deposited on. This is the same idea as the German Wasserscheide from which English borrowed the word (what linguists call a calque or loan translation).

### ORIGIN:

In English, the noun shed is the English equivalent of the German scheid, both of which have come down to us from the same Old German root. The English noun

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## Greening Your Home - Vanilla Extract

By: Michael Bloch

Like some of the other common cooking ingredients I've covered including baking soda, vinegar, orange peel, lemon juice and beer, has other uses around the home.

Vanilla can be used in some instances instead of chemicals and products that are harsh on the environment, so if you have a bottle of vanilla extract or essence kicking around that is past its best before date, don't throw it out :).

### First, a little bit about vanilla.

Vanilla is a flavoring derived from the pods of orchids that have their origins in Mexico and surrounding regions. These days, it's used mostly for flavoring foods, but it used to be used medicinally as an



aphrodisiac and to treat fevers.

Vanilla is usually purchased as either whole bean, oil, powder or an extract in a solution containing alcohol. In aromatherapy, vanilla essential oil is used.

### Synthetic vanilla

With demand of vanilla exceeding supply, much of what we buy today is synthetic vanilla or a combination of pure vanilla extract and imitation vanilla extract.

Artificial vanillin is made from either guaiacol (from clove oil, nutmeg, cinnamon, and bay leaf) or from lignin-containing "brown liquor", a by-product of a process for making wood pulp.

Most imitation vanillas only contain vanillin, which is just one of many identified aromatic components of the real vanilla beans.

Expect to pay far more for the real deal and you can also buy organic vanilla extract these days which is again more expensive.

aphrodisiac and to treat fevers.

The compound vanillin is the major component responsible for the flavor and smell of vanilla.

Vanilla has been shown to increase adrenaline levels and I was surprised to learn that it's considered by some as truly addictive. It's difficult to say how credible the claim is as I wasn't able to find much further information.

Vanilla is also still widely used today in aromatherapy.

### Natural vanilla

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make your own vanilla extract!

Add 4 vanilla pods to a jar containing a cup of vodka. Seal with an airtight lid and then place in a cool dark spot and allow to sit for two months, shaking the jar occasionally. From what I've read on the topic, that's all there is to it and as the pods are so potent, you can keep adding vodka as you use it.

### Alternative vanilla uses

If you have old vanilla essence lying around you don't want to use for cooking, here's a few ideas. As always, do spot tests before going all out with any of these suggested uses.

- Vanilla can be used as an insect repellent. Add 1 teaspoon of vanilla extract to a cup of water. Put in a spray bottle and spray on your skin, then rub it in.
- Remove odors from microwaves, fridges and coolers by wiping down the insides with vanilla extract
- For odors in other areas, soak a cotton ball in vanilla extract overnight, then place on a jar lid in the affected area. This should not only help neutralize the smell but also act as a green air freshener.
- Use vanilla extract to freshen up potpourri (but vanilla oil is better for this)
- Use it (sparingly) in place of perfume. I wouldn't mind smelling of vanilla, but it would make me hungry all the time!
- As vanilla extract usually has a high alcohol content, it can be used for removing sticker residue **FPT**

Courtesy of: GreenLivingTips.com

A farmer is milking his cow. As he is milking, a fly comes along and flies into the cows ear. A little bit later, the farmer notices the fly in the milk. The farmer looks up and says, "Hmph. In one ear, out the utter."

What do you call a boomerang that doesn't work? A stick.

What do you get when you put a canary in a blender? Shredded tweet

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### Making your own vanilla extract

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The best of all gifts around any Christmas free: the presence of a happy family all wrapped up in each other. —Burton Hillis

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ  
 Cipher: OTUIHECYPRFXZLJSWQANDGMKBV

# DOUBLE TAKE

Find at least 21 differences in the two pictures (answers are on the bottom...no peeking!!!)



Clock, Drum, Flower, Glasses, Top Hat, File, Cabinet, Microphone, Banner, Horn Blower, Speakers, Mirror Ball  
1, Drummer Hand, Socks, Sleeve, Glass, Hair color, Belt buckle, Cat, Cymbal, Finger, Dog Spots

## Protect Children From Digital Disasters

(NAPS)—**W**ith every post and click, your children are creating a digital reputation. A positive online reputation can open doors for educational, scholarship and employment opportunities. A negative one will have the opposite effect. Often, your digital reputation is the first impression someone has of you. That's one reason parents need to communicate with their children about their digital reputations and to keep checking their Internet activity.

**A**s Davina Pruitt-Mentle—director for Educational Technology Policy, Research and Outreach at the University of Maryland—says, “As a parent, it’s important to know about digital reputation—for kids to understand their future in terms of admission to college, internships, externships and scholarships, whether it be academic or sports. But more, they need to understand the consequences down the road.”



**F**orty-three percent of job recruiters eliminate candidates due to negative content found online. At the same time, only 3 percent of people self-search online for reputation problems.

### What To Do

iKeepSafe.org and the American School Counselor Association have teamed up to provide families with a number of resources that will help them build an online reputation that is an asset rather than a liability.

**S**uggestions for creating a positive online image:

- Maximize networks. Use online communication and tools to connect with people you know, including teachers, coaches and employers.
- Use e-portfolios to share your creativity and interest for college admissions and scholarships.
- Share your expertise and passions.
- Share your skills, knowledge, and creativity for employment and internships.

**T**oo many young people, however, make choices they may regret later. According to The National Campaign to Prevent Teen and Unplanned Pregnancy:

- 71% of teen girls and 67% of teen boys who have sent or posted suggestive content say they have sent it to a boyfriend or girlfriend.

### Helpful Resources

**T**o help families understand the impact of online reputation and view a short video portraying the true story of two teens facing the positive and negative consequences of their digital reputation, go to [www.iKeepSafe.org/reputation](http://www.iKeepSafe.org/reputation). **FPT**

Q: What lies at the bottom of the ocean and twitches?  
A: A nervous wreck!

Q: Why don't cannibals eat clown?  
A: Because they taste funny.

"Waiter! This coffee tastes like mud." "Yes sir, it's fresh ground."



**I**ntestinal parasites are parasites that populate the gastro-intestinal tract in humans and other animals. They can live throughout the body, but most prefer the intestinal wall. Means of exposure include: ingestion of under cooked meat, drinking infected water, and skin absorption.

**T**he major groups of parasites include protozoans (organisms having only one cell) and parasitic worms (helminths). Each of these parasites can infect the digestive tract, and sometimes two or more can cause infection at the same time.

### The most common intestinal parasites are:

**R**oundworms exist all over the world but tend to enjoy the warmer climates. Statistics show that 25% of the world's population is infected with roundworms. These include the hookworm, whipworm and pinworm. Hookworms like to travel down the digestive tract where they

## Intestinal parasite

By: I.M. Yuckee

attach to intestinal walls and ingest blood. The person may experience indigestion, nausea, diarrhea, anemia and fatigue. Roundworms can become as large as a #2 pencil.

**W**hipworms are a little smaller and may only grow to be 2-3 inches. Whipworms like the large intestine. Pinworms are the most common roundworm in the US and inhabit mostly crowded areas such as schools, day care centers and mental hospitals. They are quite contagious and will usually affect multiple members of a family. These worms are commonly ingested by eating under cooked pork.

### Infection

**P**arasites can get into the intestine by going through the mouth from uncooked or unwashed food, contaminated water or hands, or by skin contact with larva infected soil. When the organisms are swallowed, they move into the intestine, where they can reproduce and cause symptoms. Children are particularly susceptible if they are not thoroughly sterilized after coming into contact with infected soil that is present in environments

that they may frequently visit such as sandboxes and school playgrounds. People in developing countries are also at particular risk due to drinking water from sources that may be contaminated with parasites that colonize the gastrointestinal tract.

**W**hat You Can Do to Decrease Your Chances of getting intestinal parasites?

**W**ash your hands. If you have ever worked or played in the dirt and then eaten lunch without washing your hands you are creating an opportunity to introduce worms into your body. Worm eggs and larvae can get under your fingernails when you've been playing outside.

**W**ear Shoes. Because some worms can actually penetrate the skin, it's best to keep your shoes on when walking on soil or grass.

**I**f you or anyone in your family is being treated for worms, thoroughly (and immediately!) wash your bed linen and pillowcases in hot water to kill any worm eggs that may be clinging to the sheets. Pinworms are highly contagious and their eggs can be in the bed sheet and passed from one person to another.

**E**at only well-cooked pork, beef and fish. Some worms that live in pigs, beef cattle and fish can actually end up making their home inside you if larvae living in the meat aren't killed during cooking. **FPT**

## Donate Your Old PCs, Equipment To Benefit Area Children

**T**he City of Johnson City is collecting working computers, monitors and related equipment for a new program that will give area youth technological tools to help them succeed.

**P**C 4 ME is a collaborative effort between Johnson City's Public Works – Solid Waste Services Division, the Green Team, Cartridge World, and Networking and Computer Connection (NACC). As computers are turned in to Solid Waste Services, NACC will refurbish selected ones, clearing out hard drives and installing new software. Cartridge World will supply ink for printers.

**“W**e really saw an opportunity with the number of working, usable PCs that were being dropped off at our Solid Waste facility,” said Recycling Marketing Coordinator Eva Hunter. “One of our three R’s is to reuse, so we always look for ways to utilize products before they are recycled or sent to the landfill.

This was just a perfect way to do that and to benefit the children in our community at the same time.”

**A**n application and selection process for elementary school children to receive the refurbished computers is currently in the works. The PC 4 ME steering committee hopes to give two computers per month to deserving students.

**“**We need donations in order for PC 4 ME to be successful,” Hunter said. “It’s a simple way to give back to your community. You are impacting not only the environment but potentially a child’s future as well.”

**D**onations also can be dropped off at the Solid Waste Services Complex, 91 New St., Monday through Friday from 6 a.m. until 5 p.m. **FPT**

What do you call a missing parrot? A polygon.

### SUPER SUDOKU Answer from last month

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

**Across**

- 3. That which is resolved or determined
- 4. Share this with a loved one at midnight on New Year's Eve.
- 7. Vegetable eaten on New Year's Day to bring prosperity
- 8. Many people say "oooooh" and "Ahhh" when they see this display.
- 11. A horn or rattle used to make noise at party
- 12. One hundred years
- 14. A custom handed down from past generations
- 15. In china the new year starts in this month.
- 16. Lay down and make this in the snow
- 17. The middle of the night; twelve o'clock at night
- 21. Intersection in New York City that is the site of annual New Year's Eve celebrations
- 22. Old Long Ago
- 23. What people say you do to send out the old year.
- 27. Drops in Times Square to signal the beginning of the new year
- 28. Old year symbol
- 29. Granddaddy of football bowls
- 32. a man made of snow
- 33. Surprise winter "vacation" from work or school
- 34. Ten years
- 35. "Ice cream" made with snow
- 36. Snowman's nose
- 37. Winter ice sport

**Down**

- 1. Small pieces of colored paper or streamers
- 2. No two are alike
- 3. What people say you do when you bring in the New Year?
- 5. Winter snow sport
- 6. Tracks months of the year
- 9. Good luck Legume eaten on New Year's Day.
- 10. Hot winter drink
- 13. Clear your walkway with this
- 18. January 1
- 19. Yell out the seconds to midnight during this
- 20. Sport played on New Year's Day
- 24. Keep your hands warm
- 25. Welcome in New Year Symbol
- 26. Bob \_\_\_\_
- 30. Don't rain on this
- 31. Hold this to celebrate the coming of the New Year
- 33. Winter "rain"

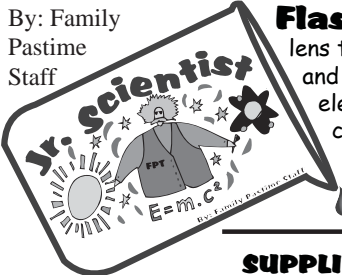
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Answers in next month's issue

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By: Family Pastime Staff



**Flashlight** Typical flashlight designs usually consist of the light source in a parabolic reflector or specially shaped lens to shape the flashlight beam, a transparent window to protect the light source from damage and debris, a power source, and a switch. Pushing the switch ON allows the contacts to complete the circuit between the lamp and the batteries. Once electricity flows from the batteries, the filament in the lamp, or the LED element begins to glow. Battery placement is critical, as the electricity must flow from the positive terminal(s) of the battery, through the lamp, to the negative terminal(s) of the battery in order for the lamp or LED to be energized. Once the filament or LED begins to glow, it produces a visible light that reflects off the reflector and out and away from the lens. The lens focuses, and in some cases magnifies the light, producing a steady beam of light.

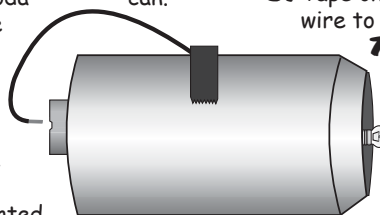
**SUPPLIES:**

- One dry empty soda can with a curved bottom.
- An electrical power source ( Two D-size batteries work great).
- An electrical resistor (a device that requires batteries in order to operate); one 3-volt incandescent flashlight bulb works great. The bulb should equal the voltage of the combined batteries. Contacts to get the electricity from the battery to bulb; a 6-inch piece of flexible electrical wire will do (soda can will act as a contact as well)

- Newspaper
- Masking or electrical tape
- Scissors
- A hammer and nail
- Sandpaper

**HOW TO:**

1. Use the hammer and nail to make a hole in the bottom of the soda can. Enlarge the hole so the flashlight bulb will fit securely inside with the bulb on the outside. Carefully use



the pointed end of the scissors to make the hole. Be careful not to cut yourself. The curved can bottom will act as your reflector.

2. Carefully open the can by cutting off the top. Cover the cut edge of the can with the tape to avoid cutting yourself on it.
3. Cut the newspaper into 4- to 5-inch wide strips. Put both D batteries on the edge of the paper, lining them up in the same direction so that the top of one battery touches the bottom of the other. When the batteries are inserted into the soda can, the flat end of the bottom battery (or the negative end), will be touching the base of the flashlight

- bulb. Wrap the paper strips around the batteries forming a bundle. It should fit snugly inside the can.
- 4. Rub a small spot on the outside of the can with sandpaper to expose bare metal.
- 5. Expose about an inch of bare wire on each end of the wire by removing the insulation.
- 6. Tape one exposed end of the electrical wire to the bare metal spot on the can.
- 7. That's it.

8. All you have to do is touch the unattached end of the electrical wire to the exposed positive battery end on the inside of the can.

**TROUBLESHOOTING:**

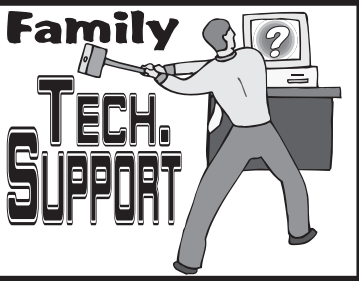
- Make sure the batteries and the bulb are good.
- Make sure the base of the battery is touching the flashlight bulb and you're touching the wire to the positive side of the battery. Remember, they should both be facing the same way.

**OPTIONS:**

- See what happens if you use string, rubber or tinfoil attached to the bare can instead of wire. Why do you think this is?
- No soda can, no problem! Almost anything with a spacious inside and holes in one or both ends can be used to create a flashlight. Since the can is used as one of the conductors in this soda can flashlight, make sure you have an extra few pieces of wire when using other casings such as a toilet paper roll. Remember, a contact needs to act as the go between, helping energy leave the negative end of the battery, travel through the light bulb base and back to the positive end of the battery. **FPT**

**SUPER SUDOKU** Instructions: On page 2

			6	E		D	B		0	9		2					
	B	8		C		2		D		5							0
			5	3	F	0			8	1	E	4					C
C		0	1					4			F	5	6				D
		F	C			3	E			A			7	4	1		
3	7	A		4	8			1		C				E			
0		1				7			5		3			F	9	C	
	8		D			1		C	E			4					A
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D	F	4			B			A	1				E	3			
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# Tune Up Your Computer for The New Year

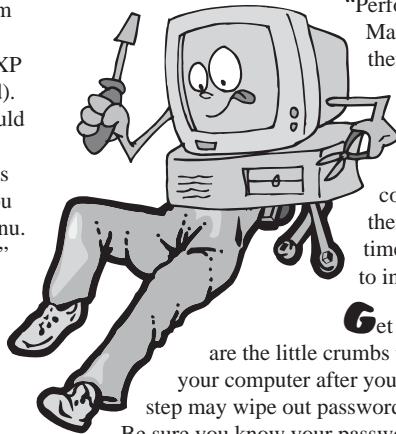
By: Chris Joker

The first thing you should do is create a system restore point (XP forward).

This will allow you to set your computer back should an error occur. There are several ways to get to the System restore function but the easiest to describe is to type restore in the Start menu search box, and you will see "System Restore" at the top of the start menu. Double click on it and choose "Create restore point" you can name the point something so you will know when you set it. Something like "Before Clean Up" will work well. If you need to set the computer back, find "System Restore" again and select "Restore my computer to an earlier time. You will then see a calendar with points you may choose.

Next you should make sure your operating system (Windows) is up to date. Windows often puts out updates that increase security and help your computer run more efficiently. Do a Windows Update. This should be near the top of your Start menu items. If it isn't, then you may go to "start", "search" and type in "Windows Update" Double click on the Windows Update listing. The Microsoft website will search your computer to see

which updates are needed and/or recommended. You should also set Windows to update automatically. To do this click Start, click Control Panel, then "Automatic Update" if it is not there look under



"Performance and Maintenance", and then System. Under automatically download recommended updates for my computer and install them, select the day and time you want Windows to install updates.

Get rid of cookies. These are the little crumbs that are left behind on your computer after you visit a website. This step may wipe out passwords for sites you visit.

Be sure you know your password to these sites as you may be asked to enter it the next time you visit a site. To delete your cookies you can click on Start, settings, Control Panel, Internet Options (or settings). You may also do this within your browser (Internet Explorer, Firefox etc.) You will click on "tools" then Options or Internet Options. Look for delete Cookies or Delete temporary files and click on it. You may also download and run either a program called CCleaner (www.ccleaner.com) or CleanUp!( www.stevengould.org ). If you use CCleaner be sure to scan the registry by clicking on Registry and then scanning. This will take care of all of your wasted space (e.g cookies, internet cache files, etc.).

Complete Disk Cleanup. Click "Start", then move your cursor on "All Programs", then up to "Accessories", select "System Tools". Click on "Disk Cleanup" when the window opens, click the "More Options" tab at the top of the page, you will see: "Windows Components," "Installed Programs," and "System Restore". Clean up all three by clicking on their respective tabs. You may want to delete all but your most recent system restore point as you probably don't need the others.

Defragment your computer. Defragmenting your computer moves all your files to where they are supposed to be so that your hard drive will operate more efficiently. You may want to download an independent defragmenter such as Defraggler from www.piriform.com. It is small, concise, and more powerful, than the one distributed with Windows.

Remove adware, malware, and spyware. A good free one is Ad-Aware found at www.lavasoft.com.

Under products choose Ad-Aware then the free version. Another good one is "Spybot Search & Destroy (www.safer-networking.org). You may run one or both of these programs.

If you have anti-virus software installed be sure to update and run a full system scan. If you do not, get one. There are free products available for personal use, such as AVG (http://free.avg.com/ww-en/free-antivirus-download ) or avast! Anti-Virus (www.avast.com).

If you do not have a firewall, get one. Free ones are available from Zone Alarm (http://www.zonealarm.com/security/en-us/zonealarm-pc-security-free-firewall.htm) or Comodo (http://personalfirewall.comodo.com).

Go to My Computer. Now go to tools at the top. Folder Options... View, then check the box "Show Hidden Files and Folders" then go to Local Disk, Documents & Settings, Your Account, and delete everything in: My Recent Documents, Local Settings History (Do not delete everything in local settings, just delete everything in the history folder of local settings) (and while in Local Settings) Delete everything in temporary internet files.

Remove unwanted/unused programs by going to start, control panel, add/remove programs, then remove unwanted programs.

After you have finished re-boot your computer to make sure everything is running properly. Now create a new restore point so you can get back to this point quickly and easily if your computer begins running poorly again. **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

## SUDOKU- EASY Instructions: On page 2

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

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### SUDO-KID-U 2

Instructions: On page 2

			1					
							4	
3								
						2		

### Last month's Easy Answer

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



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