

THE magazine for the **WHOLE** family

## Seven Tips to Slash Soaring Home Heating Bills

The bad news from Hurricane Katrina is now spreading across the country. The Department of Energy states natural gas prices will leap up to 71 percent this fall and winter, due to damage caused by the storm. This translates into a \$600 jump in home heating for most homeowners, according to the Georgia Public Service Commission. Now is the time to give your home a “check-up”. Here are six tips from the Comfort Institute to make your home an energy sipper instead of a gas guzzler!



tem are much more significant. The DOE states that the typical duct system loses 25 to 40 percent of the energy put out by the central furnace or heat pump. Authorities recommend having a heating contractor test for leaks and then seal them with a brushed on fiber-reinforced elastomeric sealant. Duct tape usually dries out and fails. It turns out duct tape is great for many things, but sealing ducts isn't one of them!

**2.** Ask your contractor to perform an Infiltrometer “blower door” test. The blower door is a computerized instrument originally invented by the Department of Energy. It pinpoints where your home's worst air leaks are, such as duct leaks, and also measures how leaky the overall house is. Most homes have the equivalent of an open window in combined air leaks. Many heating contractors offer an Infiltrometer test as part of a “Whole House Health & Comfort Checkup” that also checks insulation levels and overall duct performance.

**3.** Close your fireplace damper. Did you remember to close it last time you used the fireplace? Shut it now

*Please see “Slash Heating Costs” page 6*

**1.** Have your duct system tested for air leaks. Many assume that windows and doors are the major cause of a home's energy wasting air leaks. But according to recent research by the Department of Energy (DOE), gaps, joints and disconnections in the typical home's duct sys-

## Find a New Job in 2006

By: Marky Stein

### How to Find Jobs Before They're Advertised in the Newspaper

Quite possibly the most powerful strategy for finding jobs before they're advertised in the newspaper is shunned by most job hunters. Some are scared to use it. Other's think it's beneath them. Too bad. Using it could give job hunters a giant head start on everyone else who's looking for the same kind of job.

Before describing how to employ the much-maligned technique of cold calling, it's impor-

tant to consider the hiring “cycle.” A new hire doesn't appear out of thin air. Usually, the hiring process is a response to an executive, manager or supervisor trying to find the right person to fill a need. This need and the idea to fill it may have originated nine months to a year before the opportunity is advertised in newspapers or on the Internet.

Jobs that are filled before they're advertised comprise the “hidden job market.” These make up about three-fourths of all available jobs, according to the U.S. Department of Labor. So what's the best way to learn about hidden jobs? How do you locate positions that

*Please see “New Job” page 8*

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# Family Self-Confidence

By Dawn Cadwallader, DC, ND

One of the most important skills we can teach our children is that of self-confidence. It is unfortunate that society usually views those with confidence as being arrogant or egotistical. Many parents teach their children that it is great to think well of themselves; however, it is not OK to show it. How unfortunate. It is possible to teach our children to love and respect themselves and to pass that on to their role in society.

The foundation of self-confidence lies in having a realistic perspective of our strengths and weaknesses. According to Dr. Harriet Lerner, author of *Fear and Other Uninvited Guests*, good self-esteem requires that we have the ability to look at these strengths and weaknesses with patience and humor. The inability to do so leads to an imbalance in our view of who we really are.

We can teach our children self-confidence by educating them that it is perfectly acceptable not to be the best at everything in life. The downside of this comes with children who are not driven to do anything either for fear of failure or just from lack of motivation.

We can motivate our children to succeed through expectation management. This means setting goals that are achievable so that success, rather than failure, is the norm. Teaching our children that they can expect to reach attainable goals will make them grow and succeed. We can also teach them to try new things with patience with

themselves and humor in the eyes of failure.

Teaching our children not to be judgmental of themselves can mold them into who they are in their relationships and in society as a whole. Self-judgment usually leads to the judging of others. We normally find those who are critical of themselves to be critical of others as well. This leads to the imbalance that people view as being egotistical.

Building positive self-confidence begins in the home. Don't allow "mean" words in your house, such as hate, stupid, and fat. These words are self-defeating and are harmful to others. Teach your children that thoughts lead to words. If they think negatively of themselves and others, the end result will be that the words are said. Once they are said, they become real.

A great idea for creating positive thoughts is to teach your children that they can "erase words." When your child says a self-defeating concept or something that is judgmental of others, you can request that they "erase those words." Have them physically take an imaginary eraser and "erase the air" while saying, "Erase those words." Then have them say the opposite of what they said in the first place. A great example of this happened the last time

my family went bowling. My daughter said to my husband, "I am an awful bowler." He told her to erase it and say the opposite of what she just said. She then said, "I am an awesome bowler." She walked up to the lane and bowled a strike.

The same thing holds true when children are critical of others. It is so important to teach them that what they say of others is merely a reflection of them. In the event of judgmental statements, ask them to erase the words and replace them with positive thoughts and statements.

Children learn best by example. You may need to step back and view your own self-worth and how you reflect this in society. If you spend your days criticizing yourself or others, your children will do the same. By using yourself as a role model, you can teach your children that you too are not perfect and that you can laugh at your weaknesses. Your children will respect you even more.

By managing your expectations of yourself, your children, and others, you can maintain a healthy balance of self-confidence while developing healthy relationships with those around you. Meanwhile, you will be forging a path for others to follow. **FPT**

## MCJROTC to Host 9th Annual Daniel Boone Invitational Drill Meet

- Saturday, January 28, 2006.
- From 8:00 a.m. to 5 p.m.
- Concessions available during lunch hours
- Admission is free and the public is invited
- Free public transportation between the venues provided

The meet is the largest JROTC competition in the Southeast, comprising nearly thirty teams from a six state region. Many area schools from Sullivan County, Washington County, Unicoi County, and Greene County will compete. While the DBHS JROTC team will not compete in this competition, the entire event is organized and run by the cadets. The meet will be conducted at the high school, Crossroads Church, and Gray School.

### "Must Be Santa" Word Scramble Answers

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## Learning From Our Children

By Traci Carroll

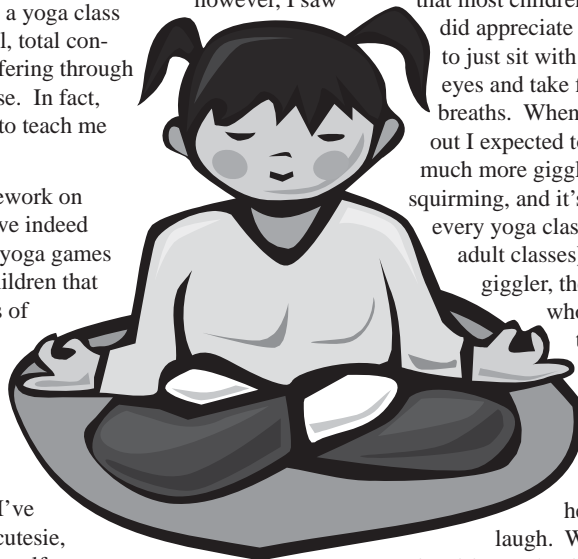
**H**aving no idea what I was doing, I recently began teaching yoga to a group of children in grades kindergarten through fourth grade. As a recovering perfectionist, I knew that I would have to let go of my grown-up ideas of how a yoga class should go: mats perfectly parallel, total concentration, quiet but cheerful suffering through a fifth variation of warrior III pose. In fact, I knew that the kids would have to teach me how to teach the class.

**I**t's not that I didn't do my homework on Teaching Yoga to Children. I have indeed read all the books on the cutesie yoga games and stories you can tell young children that manage to incorporate the names of thirty-five yoga poses. I have seen all those Farmer Yogi videos with the Rasta Cow singing clever songs about breathing in a faux Jamaican accent, and I truly admire the people who are able to come up with that stuff. I've never been particularly adept at cutesie, though, and I just couldn't see myself turning sun salutations into a hello sunshine dance or making up some bogus story about three warriors climbing up the mountain to look at a crow in a tree under the half moon.

**S**o, given a 20-minute window of time, 25 children at 2:00 on a Friday afternoon (eager for 3:00 on Friday afternoon), and a cold cafegymtorium floor with lost nibbles of pizza crust and Pringles, I offered what I could: the opportunity to be quiet and not do anything. If you have never been in front of a large group of 6-year-olds, perhaps you don't know how terrifying and foolhardy idea this idea sounds. Everyone knows that children can't sit still, that they are precariously filled with an energy which, if not channeled into worksheets

and macaroni necklaces, might be turned to wicked ends, right?

**W**ell, maybe sometimes. To my amazement, however, I saw that most children really did appreciate the time to just sit with closed eyes and take five breaths. When I looked out I expected to see much more giggling and squirming, and it's true that every yoga class (even adult classes) has its giggler, the person who finds the idea of sitting quietly so uncomfortable that he has to laugh. What I saw



was inspiring and poignant: so many calm, beautiful children, and so many children trying to do well...trying, with furrowed brows and tightly pressed lips, to do a very good job of sitting still and quiet.

**A**ll my ambivalences about being a teacher and about just being a person were reflected to me in these faces. As an ambitious person, I like to do well, too. I like to see other people try hard and do well, and I am grateful for teachers who push a little. But as a stressed person, I also realize how important it is to have some space not to try at times. Those of us with any experience in meditation have come up against the paradox that the harder we try to empty the mind, the more thoughts about "doing it right" or meditating well

clutter up the mind.

**B**abies are born without this pressure to do anything right, and children gradually learn that they have to try, or to behave in certain ways, in order to get what they want. Now, I'm all for children learning that we don't put ketchup on the cat or that we have to put our laundry away if we want to receive our allowance. The problem is the slippery slope whereby we learn that we must always be trying really hard, and that we must always be filling up our time.

**S**everal years ago, the concept of the Maximum Child seeped into our parenting culture: the idea that if we don't fill our child's every moment with enriching stimuli we are somehow impoverishing him. The Disney film Fantasia 2000 features a marvelous parody of this idea: a girl in Manhattan who looks to be about six years old is rushed from one activity to another by her nanny while her busy parents are off at work: gymnastics, swimming lessons, piano, art lessons, ballet, but she dreams of just sitting quietly with her parents. This piece of animation makes the point that a busy life isn't the same thing as a full life, and that our children want and need time to be: to be with us and to be with themselves without a scheduled event or activity.

**T**hose few moments watching first graders breathe reminded me of this lesson. They hadn't yet forgotten how to simply be. Our children are already maximum children; our difficulty is to offer them opportunities to grow and express themselves while keeping in mind that sometimes it's OK for them (and for us) just to be. In fact, those times when we are just being—without background music or TV or conversation—are crucial for our ability to digest and integrate our experiences at a deep level. It's important for our children to see us modeling quietness for them, to see us praying or meditating or sitting with our thoughts, so they know it's OK just to be themselves. **FPT**

## Save Money on a Stay at One of TN's State Parks

**T**hrough March 31, 2006 you can buy 1 night and get one free on a cabin in most of the State's parks or you can get 2 inn rooms for

\$79.95 which means you can either stay 2 nights in one room or get 2 rooms for one night.

For all the details and a printable coupon go to:

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## CHILDREN'S POETRY CORNER

### Do you Dare?

Lacy Snapp, age 12,  
Johnson City

Do You Dare?  
Do you dare?  
To speak your mind?  
Do you dare?  
To get behind?  
Do you dare?  
To shoot some hoops  
Do you dare?  
To loop de loop  
Do you dare?  
To have a ball?  
Do you dare?  
Or would you fall  
Do you dare?  
To canoe?  
Do you dare?  
Id dare too  
Do you dare?  
To make some sense  
Do you dare?  
To be a wimp  
Do you dare?  
To drive a car  
Do you dare?  
You'd go far  
Do you dare?  
To be yourself  
Do you dare?  
To build a shelf  
Do you dare?  
To pet a cat  
Do you dare?  
A baseball hat  
Do you dare?  
To look inside  
Do you dare?  
Or would you hide  
Do you dare?  
If you can  
Do you dare?  
To wreck a van?  
Do you dare?  
To harm a life  
Do you dare?  
Or would you strive  
Do you dare?  
To put in the keys  
Do you dare?  
Please don't please  
Do you care?  
To stay alive  
Please don't dare  
To drink and drive

### HAIRBRUSH

L. Bailey, Age 14  
Johnson City

The moon was cold, blood  
red that night,  
the night we lost our Hair-  
brush.

My mane was grieved as it  
slipped out of sight,  
the night we lost our Hair-  
brush.

O! How grievous was that  
evening,  
the night we lost our dear  
Hairbrush.

The years of service my  
Hairbrush had given,  
The centuries of a triune,  
mutual trust.  
Without it we could not  
continue living,  
But I apprehend that we  
must.

"O, dear Father what sin  
hath I committed,  
Why doth my soul ache  
with sorrow?"  
The loss of my Hairbrush  
wasn't intended  
I grasp my tresses will be  
tormented on the morrow.

Quoth my hair "Never-  
more"

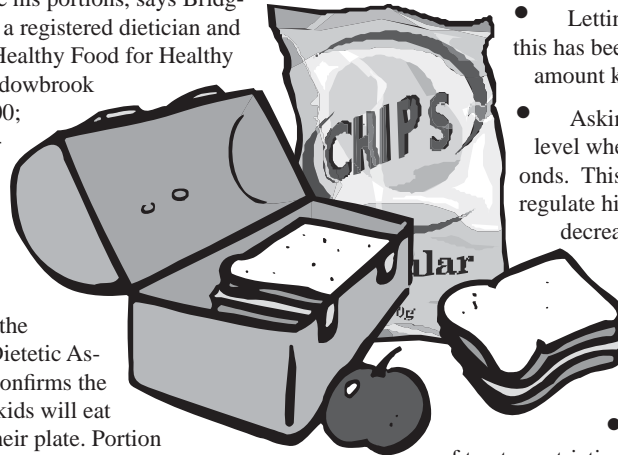
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## Avoid Super Sizing Your Child's Lunch

FeatureSource

**H**elping to keep your child's weight at an appropriate level could be as simple as resisting the urge to super-size his portions, says Bridget Swinney, a registered dietician and author of "Healthy Food for Healthy Kids" (Meadowbrook Press, \$12.00; www.meadowbrookpress.com).

**R**esearch in the June issue of the "Journal of the American Dietetic Association" confirms the theory that kids will eat what's on their plate. Portion size alone accounted for nearly 20 percent of the variability in energy intake of children ages 2-5. In other words, they'll probably eat their whole lunch, regardless of hunger.



**S**trategies for parents include: Using plates and cups that are proportional to kid-sized servings.

- Letting kids serve themselves; this has been shown to decrease the amount kids eat by 25 percent.
- Asking kids about their hunger level when they're going for seconds. This may help your child self-regulate his food intake, which often decreases as he gets older.
- Modeling healthy eating behavior. Do not eat large portions and by verbalize that you only eat when hungry.
- Allowing small portions of treats; restricting them has been shown to have the opposite effect. Kids will eat more of them when given a chance if they feel too restricted. **FPT**

## Slash Heating Costs

continued from page 1

or waste precious warm air all winter long!

**4.** Replace your furnace or heat pump air filter. Most systems need this done every month to ensure safe and efficient operation. Keep forgetting to do it? Ask your contractor for information on an extended surface area whole house air filter that only needs to be replaced once a year. It also does a far better job of keeping your equipment and the air in your home clean.

**5.** Have your heating system cleaned and tuned. A pre-season tune up is a great investment. It reduces the chances of breakdowns on cold winter nights, improves safety, and more than pays for itself through more energy efficient operation. For a free report: "How To Identify a Good Heating and Cooling Contractor," go to www.comfortinstitute.org.

**6.** Install a programmable set-back thermostat. Turning down the thermostat 8 degrees for 8 hours a day will save 8 percent on home heating costs. An easy way to take advantage of these savings is to lower the thermostat temperature while away

from home or sleeping. Ask your heating contractor about new models which are much easier to program.

**7.** Consider replacing your old furnace or heat pump. Just like a car, heating and cooling equipment doesn't last forever. Is your system more than 12 years old? Planning to stay in your home more than a few years? Many authorities recommend replacing it before it fails permanently. A new system is safer, improves comfort, is more dependable and creates less air pollution. New units pay for themselves over time as they are up to twice as energy efficient. However, government and utility research has found that over 90 percent of newly installed high efficiency systems have energy wasting mistakes. Do some homework before talking to contractors. For more information, visit www.energystar.gov and www.comfortinstitute.org. Print out the free Comfort Institute report "Tips and Secrets To Buying A New Heating and Cooling System."

**FPT**

Courtesy of ARA Content

# Kid Klassifieds

**Kid Klassifieds are a way for children to advertise items for sale. The listings are free. We only have a few rules:**

1. Ads are for children 12 and under.
2. No item may be listed at over \$100.00.
3. Children must submit a completed, signed Kid Klassifieds form.
4. A signed form must be on file with **Family Pastime Magazine** BEFORE an item will be listed (be sure to include BOTH pages).
5. Parents may be contacted by **Family Pastime Magazine** to confirm the listing.
6. When an item sells children will contact **Family Pastime Magazine** (E-mail or phone) to let us know it has sold.
7. Items will be run for 2 months only.
8. **No** live creatures (puppies, fish, siblings, etc) may be listed.
9. Children must understand that if someone offers to buy the item listed at the listed price they must sell it.

PLEASE PRINT

Mail to: Family Pastime Magazine: Kid Klassifieds P.O. Box 3161 Johnson City, TN 37602-3161

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Age: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Parents work phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_

1st item: \_\_\_\_\_ Price: \_\_\_\_\_

Description: \_\_\_\_\_

2nd item: \_\_\_\_\_ Price: \_\_\_\_\_

Description: \_\_\_\_\_

3rd item: \_\_\_\_\_ Price: \_\_\_\_\_

Description: \_\_\_\_\_

4th item: \_\_\_\_\_ Price: \_\_\_\_\_

Description: \_\_\_\_\_

I \_\_\_\_\_, hereinafter called "First Party", am a parent or legal guardian to \_\_\_\_\_ (child listed above), hereinafter called "Second Party". I have read and agree to the rules listed above. I believe the descriptions of the items above to be fair and accurate. I give the Second Party permission to sell the items described above at the prices listed (or less if an offer is accepted by the Second Party) and under the conditions listed. I further give Family Pastime Magazine the right to publish the phone number and e-mail address listed in print and on the Internet for the purpose of selling said items. I understand Family Pastime Magazine and their employees may not be held responsible for misinformation supplied.

Name: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Relationship to seller: \_\_\_\_\_

Signature: \_\_\_\_\_

Daytime phone number: \_\_\_\_\_

Date: \_\_\_\_\_

Nighttime Phone Number: \_\_\_\_\_

**Download additional forms online at [www.familypastime.com](http://www.familypastime.com)**

## New Job

*Continued from page 1*

exist only in the minds of directors, vice presidents and company leaders?

**O**ne way is to network, but this process is slow compared to cold calling. And cold calling isn't as scary as it sounds. You're probably already thinking, "I don't want to sell myself. I'm not a telemarketer. Let them seek me out before I intrude on them. It's beneath my dignity!"

**S**top. Realize that when you make a cold call, you're doing the employer a favor. First, you're saving the company time. You're decreasing the time required for a new hire to be approved, reducing months of paperwork in human resources, weeks of advertising, and weeks—even months—of interviews to choose a candidate.

**S**econdly, you're reducing funds spent on productivity lost when between one and seven managers have to take time out of their regular workdays to interview potential hires. You'll also save the company on newspapers, magazines, Internet and trade-publication help-wanted advertising costs. Hiring is expensive!

### Learning the Script

**O**ne director of operations learned and rehearsed a phone script for making cold calls, then decided to test the technique at 7:30 p.m. one Friday. Who would work so late on a Friday? He was stunned when the company president answered. After the director repeated the phone script he'd rehearsed, the president said, "You want an interview? Come see me at 10 a.m. Monday." After a

series of interviews, the director of operations was offered and accepted the job.

**A** consultant in vocational rehabilitation also tried cold calling and was invited to interview with a small company in Santa Cruz, Calif. She was hired to begin work two weeks later. When she arrived for her orientation, she learned she got the job because, unlike other professionals, she had made a cold call. It showed she was assertive and proactive, qualities the department head was seeking in candidates.

**S**ome employers are so disarmed by a cold caller's guts that they can't say no. Others will have no problem turning you down. The vast majority of employers are likely to say no. However, when you consider the chances of gaining interviews through help-wanted ads, the odds are a vast improvement. You must expect rejection; toughen your skin; and don't give up.

### The Phone Script

**W**hat magic words make an employer want to hire you over the phone? The script resembles the following (you fill in the blanks):

"**H**ello, my name is \_\_\_\_\_. I have \_\_\_\_\_ years experience as a \_\_\_\_\_, specializing in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. I have a (B.A., M.S., Ph.D., certificate) in \_\_\_\_\_ and I recently completed (name a recent successful project with a measurable result). When can I come in for an interview?"

**T**hese words are so simple that you may feel foolish saying them at first. "At first I didn't feel comfortable using the phone script. It seemed

wooden, without spontaneity," says a computer hardware engineer. "Then I discovered it doesn't really matter how you say it—rote, friendly or funny—the words just seem to work. I got four interviews in 20 minutes."

**M**r. Farr and a JIST Works group in Philadelphia asked hundreds of job seekers to use the script for an experiment during a recession in the early 1980s. About 96%, working on job-search activities for at least 25 hours a week, were employed within 2.03 weeks. During my 12 years in counseling, 90% of job seekers I've introduced to this cold-calling method have found jobs they wanted within two to six weeks.

**C**old calling works. It just takes courage and practice to implement it into your overall strategy. Some tips:

- Practice the script out loud a few times.
- Say your whole script without small talk and without interruption as soon as the hiring manager answers the phone.
- Don't say, "Can I come in for an interview?" Say, "When can I come in for an interview?"

**T**hen, get out your Palm Pilot and set the date!  
---FPT

*FeatureSource. Marky Stein is the founder of a successful career counseling firm and author of "Fearless Interviewing: How to Win the Job by Communicating With Confidence" (McGraw-Hill 2003), featured on this site. She is published in www.careerjournal.com from the Wall Street Journal and Career Source magazine and has been quoted by the Wall Street Journal, USA Today, Christian Science Monitor, Chicago Tribune, San Jose Mercury News and many other print and electronic media. "How to Find Jobs Before They're Advertised in the Newspaper" originally appeared under a different title in the careerjournal.com from the Wall Street Journal. The author's is also the Job Search Expert on AOL Time/Warner's popular web site www.ivillage.com.*

## Help Wanted

**Are you looking for a great job where you can make your own hours and set your own pace? Join the Family Pastime Family and help spread the good word about family fun and joy. We are currently looking for sales people. Send your resume to [floyd@familypastime.com](mailto:floyd@familypastime.com) or Family Pastime Magazine P.O. Box 3161 Johnson City, TN 37602-3161. We will be setting up interviews within the next few weeks.**

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**Lose weight**

**2nd Place:**

**Get in shape**

**3rd place:**

**Get a new job**

**Tied for 4th**

**place:**

**Balance checkbook**

**Be nicer**

**spend less**

**Check out**

**familypastime.com**

**today for another poll**

**and fun contests!**

**SUDOKU**

**Instructions:**

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

**EASY**

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

**MEDIUM**

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

**Knock Knock**

**Knock Knock  
Who’s there?  
Aardvark!  
Aardvark who?  
Aardvark a hundred miles for  
one of your smiles!**

**Knock Knock  
Who’s there?  
Aaron!  
Aaron who!  
Aaron on the side of caution!**

**Knock Knock  
Who’s there?  
Abbott!  
Abbott who?  
Abbott time you answered the door!**

**Knock Knock  
Who’s there?  
Abe!  
Abe who?  
Abe C D E F G H...!**

**Knock Knock  
Who’s there?  
Ada!  
Ada who?  
Ada burger for lunch!**

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## A "TOOTHBRUSH" FOR A FISH?

B. THOMPSON

If you are like most people, you probably make a visit to the dentist once or twice a year. This friendly doctor looks into your mouth, cleans your teeth, and tells you to brush them very carefully so they will last a long time.

But did you ever wonder—how would an animal like a shark, or other big fish, get

its teeth cleaned? Obviously, fish do not go to the dentist, or brush their teeth! Yet they still need to get their teeth cleaned, because as they eat plants and smaller fish in the ocean, pieces of food or other material can get stuck in their mouths.

**A** Trip to the "Cleaning Station"

So these big fish take a trip, not to the dentist, but to the local "cleaning station." And what an amazing sight it is! The big fish sometimes line up (really!) in the water, waiting for their turn. When that time arrives, the big fish opens his huge mouth, and bares its large teeth. Then, smaller fish and shrimp swim right into the big fish's mouth and eat away all the things that are stuck to its teeth. The big fish will even open its gills so that these "cleaner fish" can remove things that should not be there. When the cleaner fish have finished

their job, does the big fish eat them? No! He swims away, only to return another day to visit the "cleaning station" again.

**Symbiosis**—Depending on Each Other

**S**ometimes in nature we find examples of plants or animals

helping one another—like the big fish and the cleaner fish. The big fish gets his teeth and gills cleaned, while the cleaner fish gets a free meal. We call this relationship "symbiosis" (sim-by-OH-sis). **FPT**

## "ELEPHUN!"

**What do you do if an elephant charges you?**  
**Pay him!**

**Who is big and wears glass slippers?**  
**Cinderelphant!**

**How can you tell if there's an elephant under your bed?**  
**Your nose is touching the ceiling!**

## SUDOKU

### Instructions:

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

### HARD

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

**How do you get down from an elephant?**  
**You don't, you get down from a duck!**

**How many elephants can dance on the head of a pin?**  
**None, Elephants can't dance!**

**Why can't an elephant ride a tricycle?**  
**Because they don't have thumbs to ring the bell!**

**Why did the elephant have a lousy vacation?**  
**The airline lost his trunk!**

**What do a grape & an elephant have in common?**  
**They're both purple, except for the elephant!**

**Q: How do you get an elephant out of the water?**  
**A: Wet.**

## How to Get Scholarship Money

One of the biggest challenges college-bound seniors face is how to pay for school. Applying for scholarships should be one of the first steps in their search. However, scholarship myths continue to flourish and need to be dispelled.

- Myth #1: Billions of scholarship dollars go unclaimed.

In reality, the number of unused scholarships is minuscule.

- Myth #2: Scholarships go only to the best students.

Many scholarships are awarded based on elements other than academic achievement. Some scholarships are based on major, involvement, ethnicity, and geographic origin, to name a few.

- Myth #3: Scholarship searches are worth paying for.

This myth eventually will die as people discover the many FREE resources available on the Internet or in print. In many cases, scholarship search services charging fees turn out to be a scam.

So how do students and their parents sort through the myths and get to the facts?

Start the process early, December or January for the next school year, and utilize the resources around you. To find scholarship opportunities, start with your high school guidance counselor



and local library for a list of possible resources. Next, check with your college financial aid office. Most states and many colleges offer scholarships, so students should also inquire about them. Finally, the Internet and organizational Web sites are excellent places to search. Remember, this information should always be free.

“Don’t count yourself out just because you are not the valedictorian and class president,” says Kandi Teeters, assistant director, Financial Aid and Scholarship

Office at Eastern Washington University. “There are scholarships available for many interests, backgrounds, and abilities. The bottom line is to believe in yourself and APPLY. If you don’t play, you can’t win. And, the more scholarships for which you apply, especially local and regional opportunities, the better your odds are to be selected.”

Scholarships come from many sources, but the student may have to do some detective work to uncover them. “Though the scholarship application process can be

*Please see “Scholarship Money” on page 21*

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By Chris Joker

### Parenting Pass

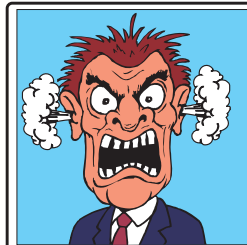
I hate to be late. I love my children. Children win...I'm late. Here's the deal, if you have children you can never be in a hurry. Oh you can tell yourself you are in a hurry, you can get all worked up and anxious but believe me YOU CANNOT BE IN A HURRY! The sooner, as a parent, you come to this realization, the better.

My son surprised me this morning by being up, dressed, teeth brushed, hair combed and ready for school by the time I got up. I made coffee (always job 1 in the morning) showered and dressed. I went to check on him. "I love this toy", he says (a toy he hadn't touched in 2 years). "I know that's a great toy", I replied. "We don't have time for that toy now we have to eat breakfast." "O.K.", he says. "What do you want?" I inquire. "French toast", on the way to the kitchen I check on his sister. I knock on her door "Don't come in." O.K. "Hurry up and get ready, we don't want to be late for school. What do you want for breakfast?" "French toast." I then go to the kitchen to make breakfast. French toast complete, on the plate, syrup poured, milk poured... no children. Apparently, "We don't have time for that toy now we have to eat breakfast." Translates into: "Go ahead and play with that toy you haven't touched in 2 years" and "Hurry up and get ready, we don't want to be late for school." Translates into "Now's a good time to start that new year's resolution of brushing your hair 350 strokes a day" --- for the record she's on stroke 128. We now have 20 minutes to make beds, eat breakfast

get shoes and coats on, check backpacks AND drive to school. On the bright side I no longer have to waste time brushing MY hair because I have almost PULLED IT ALL OUT!

their children. If you have an infant as long as you get there on the same day, you are o.k. If you have two infants a 48-hour leeway is allowed, More than two infants, we come to you. If you have a child toddler -5-years-old you can take an extra hour for the first and half hour for every additional child in that age range. 6-12 you get an extra 15 minutes per child in this age range. Teenager—I think we go back to the toddler to 5-year-old standard. Now I must point out this DOES NOT mean if you ARE a teenager you get this allotment. This is only for parents TRYING to get somewhere with children or trying to get children somewhere and then getting somewhere themselves after that. I also think single parents should be allowed

Have you ever experienced this: You get out the door in plenty of time to get where you need to be. You are in shock and then; the 6-year-old notices there is the coolest rock ever in the bushes and on the way to getting it also discovers that mud feels cold and squishy on his knees. Meanwhile the 10-year-old simply must go tell the neighbor child about the way her cat is sleeping on her pillow (this is, of course, the same neighbor child she will see at school in 5 minutes). As you can see, you can't win. I do have 2 suggestions on how to deal with this problem:



#### Parent Pass

Name: Chris Joker  
 Designation: Single Dad  
 Children: 2--6-12 range  
 Total allowable late time: 45 minutes

#### Late time allotments:

Infant: 1 = 24 hours 2 = 48 hours 3 = We come to you	Toddler-5 1 = 1 hour Additional child = +:30 per child 6-12 = :15 per Teenager = (see Toddler-5) Single Parent = :15
---	---

1) All appointments are set using the "ish" method. School starts at "8:30-ish.", "We will be at the picnic around noon-ish." --This method is the easiest because no math is involved however it may cause some arguments "1:30 IS NOT noon-ISH!"

2) Parents are given a time allotment based on the number and ages of

an extra 15 minutes across the board. We can develop a special "Parent Pass" so if you are late to a meeting you can flash your parent pass that will show the number and ages of your children maybe complete with a little chart showing how much extra time you get.

Adults without children will fight this. "It's not fair" or "If you really wanted to make it on time you could!" Then one day, one glorious sunshiny happy day...they will have children and they will get it. I wait for the day when one of these

Self-righteous new parents walks up to me and says "I'm sorry-----ish". **FPT**

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# Kid Friendly Recipes



In discussions with my parent friends it seems that getting children to eat somewhat healthy food is a universal struggle. To help alleviate this situation **Family Pastime** has searched the globe for recipes that make meal time a bit more palatable for our children. Try out these recipes and be sure to give us feedback on our web site [www.familypastime.com](http://www.familypastime.com) or if you have a recipe you would like to share you may submit it to: [recipes@familypastime.com](mailto:recipes@familypastime.com) or mail it to **Family Pastime** P.O. Box 3161 Johnson City, TN 37601. Bon Appétit!

## Oat Trail Mix

### INGREDIENTS

- 1/2** Cup Margarine
- 1/3**-Cup Light Corn Oil
- 1/4** cup Packed Light Brown Sugar
- 1** tsp Ground Cinnamon
- 1/2** tsp Salt
- 3** Cups Square Oat Cereal
- 1 1/2** Cup Old Fashioned Oats
- 3/4** Cup Chopped Walnuts (pecans or cashews etc)
- 1/2** Cup Dried Cranberries

- 1/2** Cup chocolate or yogurt covered raisins (or dried cherries)

### HOW TO:

In sauce pan or microwave oven safe bowl combine first 5 ingredients

Heat Margarine until it melts and sugar is dissolved.

In a large bowl combine Cereal, Oats and Nuts.

Drizzle with Margarine mixture and mix well.

Place in well-greased 15x10x1 baking pan.

Bake uncovered at 275 for 45 minutes-stir every 15 minutes.

Cool for 15 minutes stirring occasionally.

Stir in Cranberries and raisins.

Store in airtight container.

Enjoy. **FPT**

## Easy Chicken Pot Pie

### INGREDIENTS

- 1 2/3** Cups Frozen mixed vegetables thawed (or just peas)
- 1** Cup can chicken
- 1** Can (10 3/4 oz) Condensed reduced-fat cream of chicken soup.
- 1** Cup reduced-fat baking mix (Bisquick)
- 1/2** Cup Skim Milk
- 1** Egg

### How To:

- 1.** Heat oven to 400 degrees
- 2.** Mix vegetables, Chicken and Soup
- 3.** Place in un-greased 9" pie pan
- 3.** To make batter; In Medium bowl Stir remaining ingredients until blended
- 4.** Pour batter on top of chicken mixture
- 5.** Bake 30 minutes or until golden brown
- 6.** Enjoy **FPT**

## Spaghetti Bake

You make this dish before hand and refrigerate it. To serve it after refrigeration cook it for an extra ten minutes with the foil cover on. It also freezes well.

### INGREDIENTS:

- 1** lb. spaghetti (my kids like the "Fat" spaghetti)
- 3** tbsp. olive oil
- 1/2** lb. broccoli, cut into small florets
- 2** cups napa cabbage, shredded
- 2** cups carrots, grated
- 1** small onion, chopped
- 1/2** lb. lean ground round beef
- 2** cloves garlic, finely chopped
- 3** tbsp. chopped fresh oregano, or 1 tbsp. dry
- 2** cups good-quality tomato sauce
- 2** cups grated mozzarella cheese
- 1/2** cup grated Parmesan cheese

### How to:

- 1.** Cook the spaghetti in boiling water until al dente. Drain, rinse with cold water to stop the

cooking, and set aside.

**2.** In a large skillet, heat 2 tablespoons of oil. Then sauté the broccoli, cabbage and carrots for 2 minutes. Remove from the pan and set aside in a bowl.

**3.** Heat 1/2 teaspoon of oil in the same pan, then add the onion and sauté for one minute. Add the meat and stir until brown. Drain off excess fat, and then mix in the garlic, oregano and tomato sauce.

**4.** Lightly coat a rectangular baking dish with the remaining oil. Place 1/3 of the cooked spaghetti in the bottom of the dish. Spread 1/3 of the vegetables and 1/3 of the meat sauce on top. Sprinkle with 1/3 of both cheeses. Repeat twice, finishing with the cheese. Cover loosely with aluminum foil and bake at 350 degrees for 15 minutes. Then remove the foil and bake for an additional 10 minutes, until the top is brown. Let rest for 10 minutes before serving. Makes 4 to 6 servings. **FPT**

## Cooped-Up Kids: Rules for Computer and Television

Feature Source

**K**ids ages 2-17 spend an average of 19 hours and 40 minutes watching television each week. With rising concerns about the diet and exercise habits of American kids, it's important to have a strategy when you decide to cut back on television or computers. Kristine Berggren, author of "Strategies for Stay-at-Home Parents" (Meadowbrook Press) offers five good ways to help your family cut back on "screen time."

**K**ee in mind that screen time is more than just TV time; computer use can spiral out of control as well (there are even computer addiction recovery camps for children). According to Berggren, "It may seem counter intuitive to limit children's access to computers in a society that can barely remember when a mouse was merely a rodent, but it's important to use computers in proportion to their true educational or entertainment value."

**W**hen cooped up inside during winter, television

and computer entertainment can be tempting. Use these tips to help limit the amount of time your family spends watching the infamous "tube" or surfing the endless Internet.

- Set a time limit for your child. Try using a simple chart to track screen time. Get some stickers and assign a value to each. (Let's say each sticker represents a half-hour.) Each week give your child the appropriate number of stickers. Have your child put the stickers on a chart as screen time is spent. When the stickers are gone, no more screen time until next week.
- Limit your own screen time. Set a good example. Try taping your own favorite shows to watch after your kids go to bed, and try not to aimlessly surf the Internet too much.
- Establish priorities. Homework, piano practice and other responsibilities come before screen time.

- Screen your child's selections. Try to watch a program or movie before you let your child watch it so you can decide whether it's appropriate. Always check out computer games and Web sites before you let your child see them as well.

- Control your screen population. The fewer screens you have in your house, the less important they'll seem and the less they'll tempt you. Figure out the minimum number of screens that would serve your family's needs.

**O**f course, remember that time spent doing homework on the computer would not count against your child's limits," says Berggren. "Nobody is denying that computers and television, when used correctly, have educational possibilities. But practicing moderation can be very healthy." **FPT**

## Fun Ways to Determine Your Baby's Gender

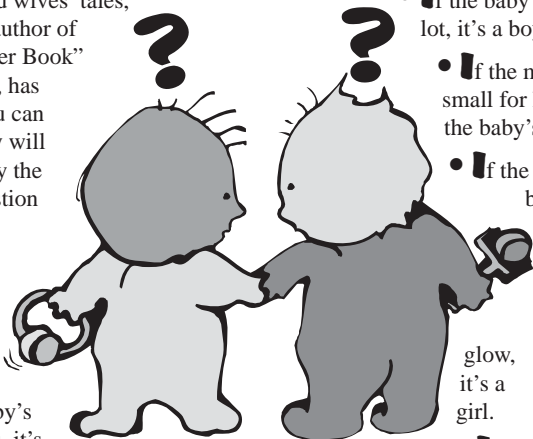
FeatureSource

**T**hey may just be "old wives' tales," but Courtney Cooke, author of "The Best Baby Shower Book" (Meadowbrook Press), has compiled the ways you can determine if your baby will be a boy or a girl. Tally the responses to each question for your answer.

- **T**ie a silver needle or gold ring to a thread. Hold it over the mother's belly. If it spins, the baby's a girl. If it swings, it's a boy.

- **D**o you have lots of morning sickness? That means it's a boy.

- **I**f the older sibling has one cowlick, the baby's the same sex as the sibling. If the older child has more than one, the baby's the opposite sex.



- **I**f the baby is very active and kicks a lot, it's a boy.

- **I**f the mother's belly appears small for her state of pregnancy, the baby's a girl.

- **I**f the mother is carrying the baby low, it's a boy.

- **I**f the mother's face has a soft, relaxed

glow, it's a girl.

- **I**f the mother gained a lot of weight early in her pregnancy, it's a girl.

- **I**f the mother's right eye and right breast are enlarged, it's a boy.

- **A**sk the mother to hold her head still and look to the right and to the left. Look at her eyes. If there is a red line from the iris to outside corner of her left eye, the baby is a girl. If there's a line on the right eye, it's a boy.

- **I**f the mother is sick during her first trimester, the baby is a girl. If her husband is sick during this time, it's a boy. **FPT**



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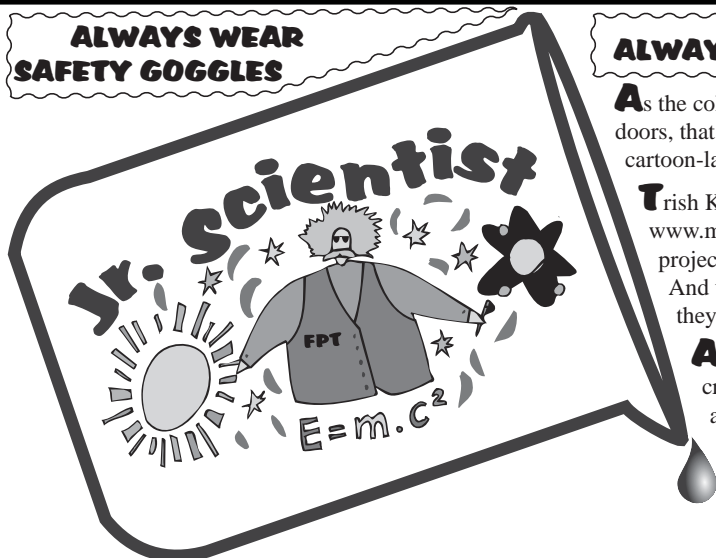
**ALWAYS HAVE ADULT SUPERVISION!**

By: Carla Johnson

As the cold weather blows in, many parents find that their children have blown in too- indoors, that is. Keep your little darlings from spending too much time on the couch visiting cartoon-land during cold weather season by offering them some fun and creative activities!

Trish Kuffner, author of "The Arts and Crafts Busy Book" (Meadowbrook Press, \$9.95; www.meadowbrookpress.com), has two great recipes for youngsters to try. Creative projects keep children from getting bored and encourage their artistic development. And unlike cartoon-watching, they'll have something special to show for it when they're finished.

According to Kuffner, "Many adults shudder when they hear the words 'arts and crafts.' They think of messy, complicated projects that require expensive supplies and a lot of time, but it doesn't have to be that way." These projects use inexpensive ingredients, and most kids can do them with minimal help from adults. Give these recipes to your kids and let the fun begin!



## Sticky Goo

### Materials:

Large saucepan	1 cup cornstarch
½ cup salt	¼ cup cold water
¼ cup warm water	Paper
10-15 drops food coloring	Ziploc bag and safety scissors (optional)
Mixing spoon	Airtight container
Oven mitt	

### Directions:

1. In the saucepan, mix the salt, warm water and food coloring with a spoon.
2. Ask a grown up to help you place the saucepan on a stove burner and bring the mixture to a boil. Stir the mixture constantly for about 1 minute.
3. Ask the grown up to help you use an oven mitt to remove the saucepan from the heat.
4. Let the mixture cool for 5 minutes, stirring it occasionally.
5. Stir in the cornstarch and cold water while the mixture is still warm.
6. When the mixture is cool enough to handle, mix it with your hands.
7. Grab a handful of the goo and drizzle it onto a sheet of paper in different patterns, shapes and designs. Or if you want, pour the goo into a Ziploc bag that has one of its bottom corners cut off, seal the bag and squeeze the goo onto the paper.
8. Set your artwork aside to harden.

Store the goo in an airtight container at room temperature for up to two days.

## Flubber Rubber

### Materials:

2 small mixing bowls	2 tablespoons hot water
2 tablespoons white glue (such as Elmer's School Glue)	Fork
3-5 drops food coloring	Wax paper
Mixing spoon	Googly eyes, small buttons or pipe cleaners (optional)
1 teaspoon cornstarch	Airtight container or Ziploc bag
1 package unflavored gelatin mix	Plastic bag

### Directions:

1. In one bowl, mix the glue and the food coloring with the spoon. Stir in the cornstarch.
2. Ask a grown up to help you combine the gelatin mix and the hot water in the other bowl, stirring the mixture briskly with a fork until the gelatin mix completely dissolves.
3. Let the gelatin mixture cool for one minute, then pour it into the glue mixture.
4. Stir the two mixtures together with the new spoon for about three minutes until the new mixture is sticky and gummy.
5. To make a rubbery toy, pour the mixture into a mold. If you want to make a blob monster, spoon a blob of the mixture onto a sheet of wax paper and decorate it with googly eyes, small buttons or pipe cleaners.
6. Place the mold or the blob monster in the freezer to firm for about ten minutes.
7. Remove the mold or blob monster from the freezer. (Carefully remove the creation from the mold at this time.) Place the creation on a sheet of wax paper.
8. Let your creation air-dry for two or three days until it's hard. If you let your creation air dry for too long, it will become hard like plastic.

You can store your creation for several months in an airtight container or Ziploc bag at room temperature. Put any leftover rubber mixture into a plastic bag, then toss the bag into the garbage.

FeatureSource



## Fun Family Events January

Send information on your upcoming events to: [events@familypastime.com](mailto:events@familypastime.com) or **Family Pastime** P.O. Box 3161 Johnson City, TN 37602

**Every Saturday** Bluegrass & Country music jams at the Kosher Pickle 3900 Bristol Hwy, Johnson City 979-7000

### January 7

#### Chipping of the Green

**Johnson City:** 9 a.m. - 1 p.m. Freedom Hall parking lot J. Remove all ornaments, stands, etc. Take home 2 bags of mulch.

#### Elizabethon at Sycamore Shoals State Historic Area.

10 a.m. - 2 p.m. lower parking lot at the Visitors Center. Take home a bag of mulch. 423-543-5808 [www.tnstateparks.com](http://www.tnstateparks.com)

#### Hands On Regional Museum, Johnson City

**Art Studio** 1/7-1/8 - Learn to work with clay.

**Frozen Shadows** 1/7-1/8 Enjoy special programs in Frozen Shadows! Why do certain chemicals glow in the dark? Perform some experiments on things that glow in the dark, our special "cool blue experiment" and more!

**The 16th annual Pigeon Forge Wilderness Week.** 1/7-1/15. This 9-day event combines nature workshops and lectures with daily hikes Call 1-800-WINTERFEST or (865) 429-7350

#### Winter Garrison at Fort Watauga January 7 - 8

Sycamore Shoals State Historic Area. A living history look into the 18th century. Featuring a multitude of frontier life demonstrations! Sat & Sun 10-4:30 p.m. (423) 543-5808 [www.tnstateparks.com](http://www.tnstateparks.com)

### January 8

**The East Tennessee Soccer Federation announces the Winter Session of the 2006 Indoor Soccer Season** for Youth Recreational, Competitive and Adult leagues. Register or download forms [www.etsfsoccer.com](http://www.etsfsoccer.com). Call 423-735-0341 or email [etsfsoccer@aol.com](mailto:etsfsoccer@aol.com)

#### Hands On Regional Museum, Johnson City

**Art Studio** - Learn to work with clay.

**Frozen Shadows**-Enjoy special programs in Frozen Shadows!

### January 14

**Hands On Regional Museum, Johnson City-** 1/14 -1/15

**Art Studio** -Create a CD cover.

**Discovery Lab** Make a rocket to take home with you!

**Winter Gardening Seminar** 10 AM-Noon. Garden Seminar at Warriors Path State Park Learn how to plan a garden for natural beauty, diversity, and conservation. Free but pre-registration is required. (423) 239-6786 email: [Marty.Silver@state.tn.us](mailto:Marty.Silver@state.tn.us)

**Chipping of the Green** at Warriors' Path State Park, Kingsport.

10 a.m.-3 p.m. Recycle Christmas trees and take home a free bags of mulch. Free seedling to first 500 attendees. Contact: [clean@kingsportchamber.org](mailto:clean@kingsportchamber.org), 423-392-8814

### January 15

#### Dr. Martin Luther King Jr. Day

**Hands On Regional Museum, Johnson City-** 1/14 -1/15

**Art Studio** -Create a CD cover.

**Discovery Lab** Make a rocket to take home with you! your imagination, can zoom to the moon!

### January 16

#### Dr. Martin Luther King Jr. Day Holiday Observed

### January 21

**Hands On Regional Museum, Johnson City-** 1/21 & 1/22

**Art Studio** Learn how to draw dinosaurs.

**The Art of Science** How are art and science connected? What colors make up the rainbow? Light is made from waves?! What is a black light? How does it work? An More

#### Kingsport Symphony Orchestra Concert

"Celebrating Mozart's 250th Birthday!" at the Toy F. Reid Employee Center. 8 p.m. (423) 392-8423  
Website: [www.symphonyofthemountains.org](http://www.symphonyofthemountains.org)

### January 22

**Hands On Regional Museum, Johnson City-** 1/21 & 1/22

**Art Studio** Learn how to draw dinosaurs.

**The Art of Science** How are art and science connected? What colors make up the rainbow? Light is made from waves?! What is a black light? How does it work? An More.

### January 26

**Chamber After Hours** Hands On! Regional Museum will be hosting a Chamber After Hours from 5:30-7:00.

**The Piano Men** The show is set entirely to the music of Billy Joel and Elton John. The Paramount Center for the Arts. 8 p.m. (423) 274-8920

Website: [www.theparamountcenter.com](http://www.theparamountcenter.com)

### January 28

**Hands On Regional Museum, Johnson City-** 1/28 & 1/29

**Art Studio** Night vision painting.

**Amazing Me!** What does a human heart look like? How about a human brain? See these gross anatomy models and learn what makes your body tick in Amazing Me!

#### Mountain River Concert Series, Sycamore Shoals State Historic

Area at 7:00 PM

E.C. Miller's Goldrush Review and the Trailblazer Cloggers: See the legendary banjo man and his Goldrush Review followed by sensational clogging. Sponsored by the Watauga Historical Association. \$5.00 for adults \$2.00 for kids.

### January 29

**Hands On Regional Museum, Johnson City**

**Art Studio** Night vision painting.

**Amazing Me!** What does a human heart or brain look like? See gross anatomy models and learn what makes a body tick.

**Sunday Jams at the Park** from 1 - 4 pm Sycamore Shoals. Back by popular demand! Bring your instruments, voices, toe tapping feet, and join us for our open jams in the Visitors Center!

### February 2

#### Groundhog Day

### February 4

**Hands On Regional Museum, Johnson City** 2/4-2/5

**Art Studio** "Wish you were here" postcards.

**Reptile Mania!** Learn about and get to touch a live reptile!

**Warriors' Path The War Party 10K** This is part of the Tennessee State Park Running Tour. starts at 11 am EST. Contact: Bob Townsend, [Bobt@xtn.net](mailto:Bobt@xtn.net) or (423) 257-6188.

### February 5

**Hands On Regional Museum, Johnson City**

**Art Studio** "Wish you were here" postcards.

**Reptile Mania!** Learn about and get to touch a live reptile!

### February 6

**Hands On Regional Museum, Johnson City**

**Hands On! 101**

Adults over age 55 join us from 1:00-3:00 for a FREE Open House. Take a tour of our exhibits, learn about the many programs, and meet Trish Patterson, the new Hands On! Director. We will also offer Grandparent Memberships. Snacks and hot chocolate will be offered.

### February 7

**Hands On Regional Museum, Johnson City** Enjoy free admission from 3:00-5:30!



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**Send us information on your happenings for upcoming issues of the Fun Family Events Calendar!**  
[editor@familypastime.com](mailto:editor@familypastime.com)

Across

- 1. A famous snowman
- 3. Mr. Frost
- 6. Uggs
- 8. A sweep's hangout
- 10. Better traction
- 14. Chilly battles
- 17. So delightful
- 22. Wood or gas
- 23. Pepper's best friend
- 24. Babies drool on them
- 25. Sugar Mountain
- 26. Dogs pull it

Down

- 2. Gentlemen tip it
- 4. Heavenly Being
- 5. Frosty's smile
- 7. Matches your gloves
- 9. Swims in your hot cocoa
- 11. Safer roads
- 12. Best when hot
- 13. They fall on your nose and eyelashes
- 15. First winter Olympic sport
- 16. A cold sweet treat
- 18. Cold cubes
- 19. Lobe warmers
- 20. A big snow storm
- 21. An edible nose



Answers in next month's issue

**Family Pastime Magazine**

**Holiday Crossword Puzzle Answers**

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- Soy candle wax burns cooler than paraffin or gel, so it burns much longer

[www.kingsportcandle.com](http://www.kingsportcandle.com)

**SUDOKU**

**Instructions:**

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

**REALLY HARD**

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

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## Scholarship Money

*Continued from page 11*

time consuming, the advantage is most awards require similar information. So, once you complete your first application, you can easily reuse the same information for several additional awards," adds Teeters.

For example, at us-bank.com/studentbanking, you can apply to be one of 30 high school seniors to receive a \$1,000 U.S. Bank Scholarship. Over the past nine years, U.S. Bank has awarded more than \$230,000 in scholarship funding for this program. Scholarship award recipients are selected through a random drawing process. There are no essays to complete or minimum grade point average requirements. You simply must be planning to attend an accredited two- or four-year college full-time next fall.

The U.S. Bank Web site also features a powerful scholarship search engine. In partnership with Thomson Peterson's, it offers students a free scholarship search. Thomson Peterson's database contains approximately 1.8 million awards valued at more than \$7.9 billion.

"Parents can also really help with the search for scholarships," says Maria Lokensgard, program manager for Scholarship America. "Many large companies offer scholarship programs for dependent children of employees. Be sure to check with your human resources department to see if your company offers such programs." In addition, do the parents have an affiliation with any religious, fraternal, military, union, or professional organizations? If so, these organizations may sponsor scholarships for children of members.

### Scholarship Search Tips:

- Start Early -- Experts recommend college-bound students and their parents should start looking as early as their freshman year in high school. By identifying potential awards, students can choose classes and activities that will increase their chance at

winning a specific award in the future.

- Use the Internet -- Try to use two sources, make sure the profile submitted is accurate; don't pay fees -- it does not increase your



chances of winning!

- Think small -- Competition can be tough for large awards. Smaller awards (\$1,000 and less) typically have less competition and are easier to obtain.

Additional free scholar-

ship Web site searches you may want to visit are:

- [www.collegeboard.com/scholarships](http://www.collegeboard.com/scholarships)
- [www.finaid.org/scholarships](http://www.finaid.org/scholarships)
- [www.collegescholarships.com](http://www.collegescholarships.com)

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### What day is today?

**Over breakfast one morning, a woman said to her husband, "I'll bet you don't know what day this is."**

**"Of course I do," he answered as if he was offended, and left for the office.**

**At 10:00 a.m., the doorbell rang and when the woman opened the door, she was handed a box of a dozen long stemmed red roses. At 1:00 p.m., a foil-wrapped, two-pound box of her favorite chocolates was delivered. Later, a boutique delivered a designer dress.**

**The woman couldn't wait for her husband to come home.**

**"First the flowers, then the chocolates and then the dress!" she exclaimed.**

**"I've never had a more wonderful Groundhog Day in my life!"**

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"Braggin rights" is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things "above and beyond". Its not for money or fame, they do them because, "That's what you do". Well we at **Family Pastime Magazine** would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights** at **Family Pastime** P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to

**Please send us information about someone you know we should include in "braggin rights!"**

Pam Wendling

I wanted to brag on my mom. Her name is Sue. My mom is always doing for others. She's not in good health either. She goes every Wednesday and cares for my great uncle and once or twice a week to check and care for my great aunt. For my uncle she goes grocery

shopping, cooks, cleans and other little things. And she also when needed takes my grandmother grocery shopping. Not once thinking of herself. And she's also always at the drop of the hat there for her church family. Sitting at the hospital. Going to visit. I can honestly say she goes above and beyond. On top of all that she's always there for her own family. She has a wonderful husband and

3 children, 2 son-in laws and one beautiful grandchild which she bends over backwards for to say the least she's one in a million. Thanks Mom, we will always love you.  
 Brittany, Pam and Rodney Wendling  
 Barry and Heather Lawson  
 Rick and Doug Bowser.

**Holiday Sudoku Answers**

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

Q: What would you get if you crossed February 2 with a puppy?  
 A: Ground-dog Day!

Q: What happened when the groundhog met the dogcatcher?  
 A: He became a pound hog!

Q: What happens if the ground log sees its shadow?  
 A: We'll have six more weeks of splinters!

Q: Why was the groundhog depressed about his den?  
 A: He was having a bad lair day!

Q: What would you get if you crossed February 2 with a Christmas drink?  
 A: Ground Nog Day!

Q: What's green, has four legs, and jumps out of its hole on February 2?  
 A: The ground frog!

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Elizabeth with her dad, Joe and mom, Decna. May, 2005

## The Dream:

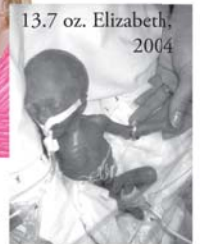
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13.7 oz. Elizabeth, 2004

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